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Health and Fitness Puzzle

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| **Across****2.** The building blocks of proteins**4.** The count of a repeated exercise**6.** Organic compound essential for the development of muscle**7.** Index of a person's weight in relation to their height**8.** A round of similar or targeted exercises**10.** Essential elements necessary for cell function to regulate the distribution of body fluids | **Down****1.** Blending different training methods into a single intense workout**3.** Gradually bringing your body back to a resting state after your workout.**5.** Exercise where your body uses oxygen for fuel**9.** Unit of measure for the amount of energy it would require to digest food |