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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

active leisure cross

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|  |  |  |  |  |  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Across****3.** antagonist to bicep on a bicep curl**5.** This exercise can be static, reverse or multi-directional.**7.** regular exercise will increase your \_\_\_\_\_\_\_\_\_\_\_\_\_**8.** nutrient used for energy**9.** opposite to extension**11.** acronym for goal setting **12.** blood pressure when heart contracts**13.** resistance machine for legs | **Down****1.** If I do weight training, I will become \_\_\_\_\_\_\_\_\_\_\_**2.** opposite of a sedentary lifestyle**4.** energy system that uses oxygen**6.** free weight exercises, use dumbells and \_\_\_\_\_\_\_\_\_\_\_\_**10.** A \_\_\_\_\_\_\_\_\_\_ trainer will will help you to achieve your goal. |