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

active leisure cross

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|  |  |  |  |  |  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 5 |  |  |  |  |  |  |  | 6 |  | 7 |  |  |  |  |  |  |  |
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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. |