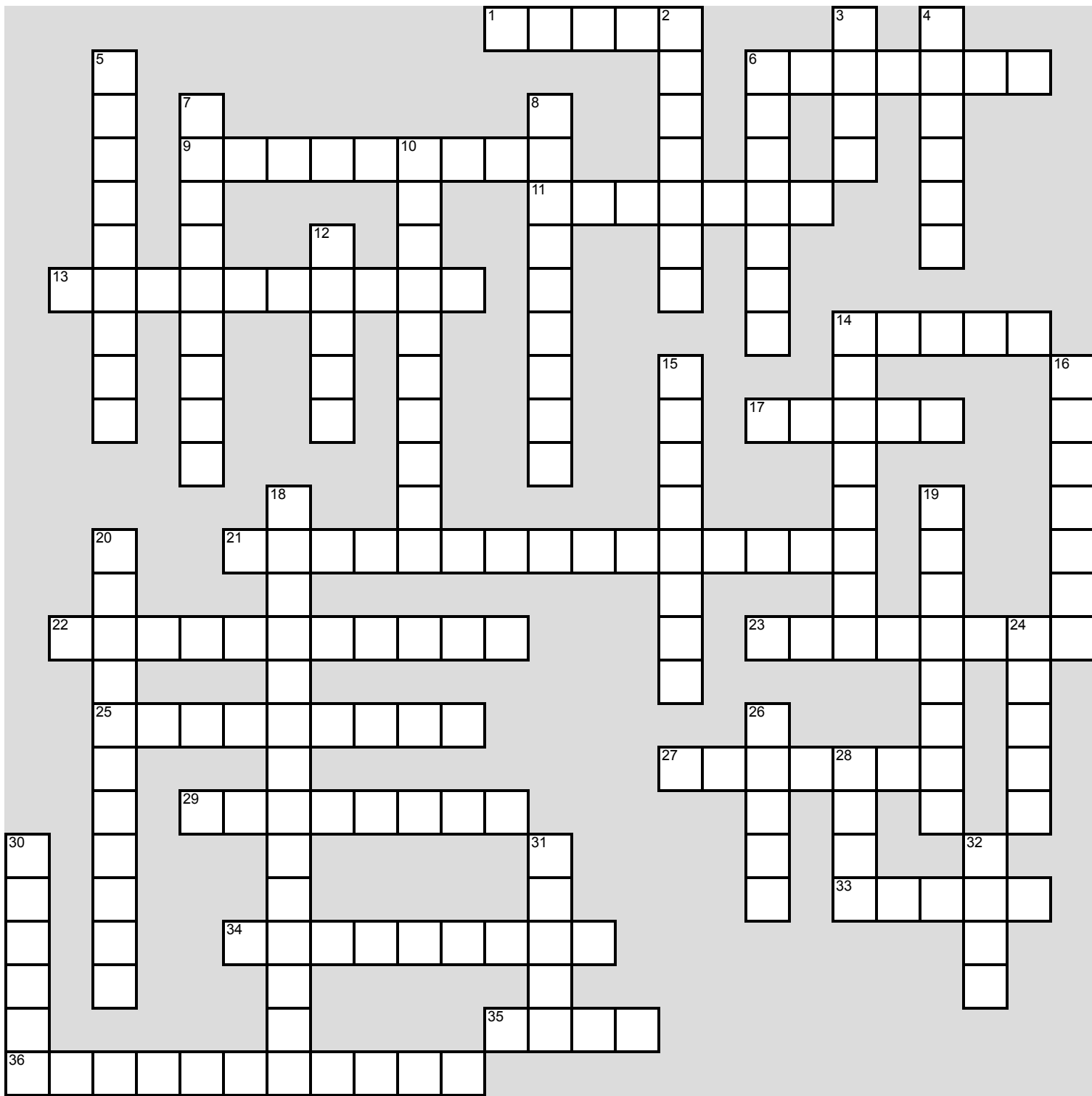


Cross INTO Fitness



Across

- 1 Combination of strength and speed together
- 6 Macronutrient essential for muscle repair and growth
- 9 Ability to exert itself and remain active for a long period of time
- 11 Ability to change position of body quickly & control body's movements
- 13 Required mindset in starting personal fitness journey
- 14 Painful contractions
- 17 Program specifically designed for the Navy that includes both fitness and nutritional components
- 21 MUSCLE GROUP THAT PULLS THE ARMS DOWNWARD
- 22 Lack of water
- 23 Form of physical activity done to sustain or improve health and fitness
- 25 The I in the F.I.T.T principle stands for
- 27 Unit of energy in food
- 29 A class of nutrients that contain carbon and are needed in small amounts to maintain health and allow growth
- 33 THE PREMIER COMPOUND MOVEMENT FOR THE LOWER BODY
- 34 MUSCLE GROUP THAT PULLS THE ARMS INWARD
- 35 Workout dedicated in memory of a fallen service man/woman
- 36 Increasing demands on your body

Down

- 2 HAMSTRINGS LOCATED
- 3 Cobra and downward dog are moves found in
- 4 THE BALANCE OF PHYSICAL, MENTAL, SPIRITUAL, EMOTIONAL, and SOCIAL well-being
- 5 Produce Energy without using oxygen
- 6 A time when you are no longer progressing in your workouts
- 7 What body type has broad shoulders and a muscular build
- 8 What is the number of beats/contractions per minute called
- 10 Chemical compounds that are specific aids in the building blocks of proteins
- 12 Acronym for setting goals
- 14 What stimulant, commonly found in energy drinks, is often consumed way beyond the recommended daily value
- 15 Prepares your body to return to a resting state
- 16 To maintain an evenly distributed upright and steady position
- 18 Carbs, lipids and proteins are classified
- 19 Muscles store carbohydrates in the form of
- 20 Range of motion of joints or ability of joints to move freely
- 24 Calories per gram of alcohol
- 26 Another name for a pillar bridge
- 28 Number of times an exercise is performed in a set
- 30 Prepares muscles for workout
- 31 True or false, Muscle weighs more than fat
- 32 M in BMI stands for