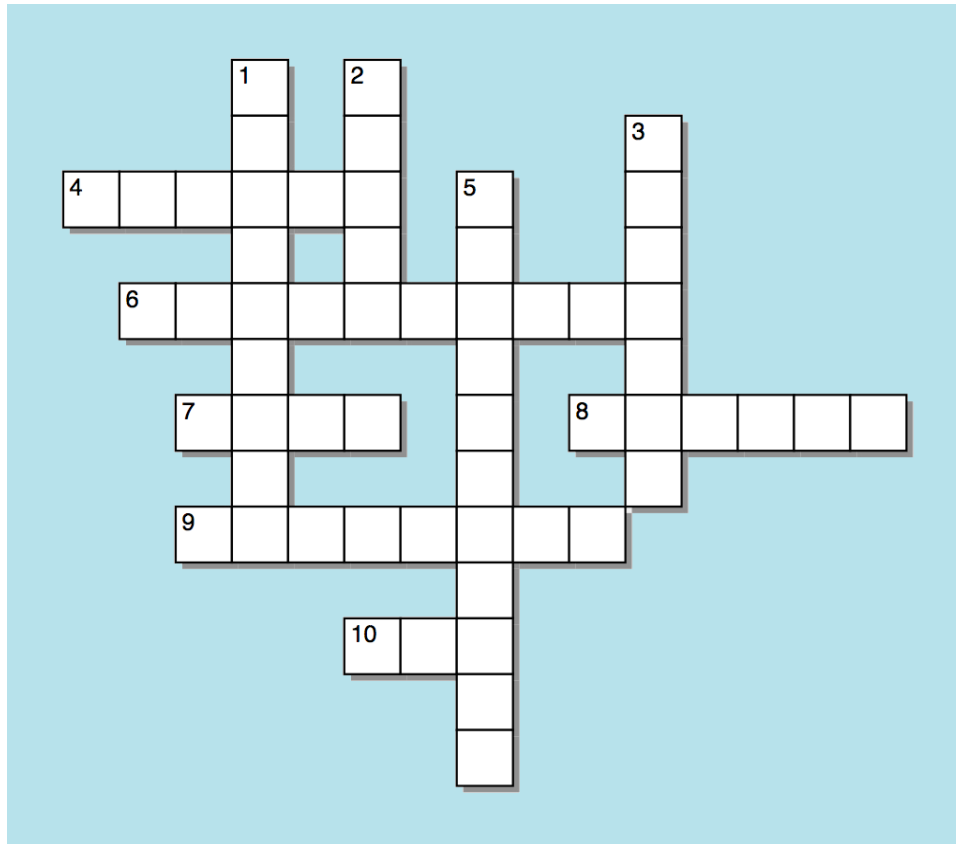


CROSSWORD

CROSS-TRAINING

Name: _____ Date: _____



ACROSS

4. A good cross-training program should include _____, strength, endurance and flexibility training.
6. A plane cuts an invisible line through the center of your body, dividing you into top and bottom halves.
7. Impact activities, such as running and jumping
8. You should check with this person if you're new to this
9. Cross-training can help prevent these
10. Tai _____

DOWN

1. A key for any cross-training workout
2. Multi-faceted _____ which are designed to provide basic comfort and stability for a variety of activities
3. One of the problems with doing the same activity
5. You need this for athletic performance, but also to perform everyday activities with relative ease

WORD SEARCH

CROSS-TRAINING

Name: _____

Date: _____



Find these words in the above puzzle. Circle the words.

ENDURANCE

FLEXIBILITY

STRENGTH

IMPACT

EXERCISE

CHALLENGE

CARDIO

PLATEAU

MOTIVATION

PHYSICAL

WORD SEARCH**CROSS-TRAINING**

Name: _____ Date: _____

NTSFSEI _____

SSCEMLU _____

VEYIRTA _____

IPTMCA _____

OTITONAIVM _____

LFTBEIXLYII _____

BEANCAL _____

CUSFO _____

TIYAONDHR _____

EAIRRP _____