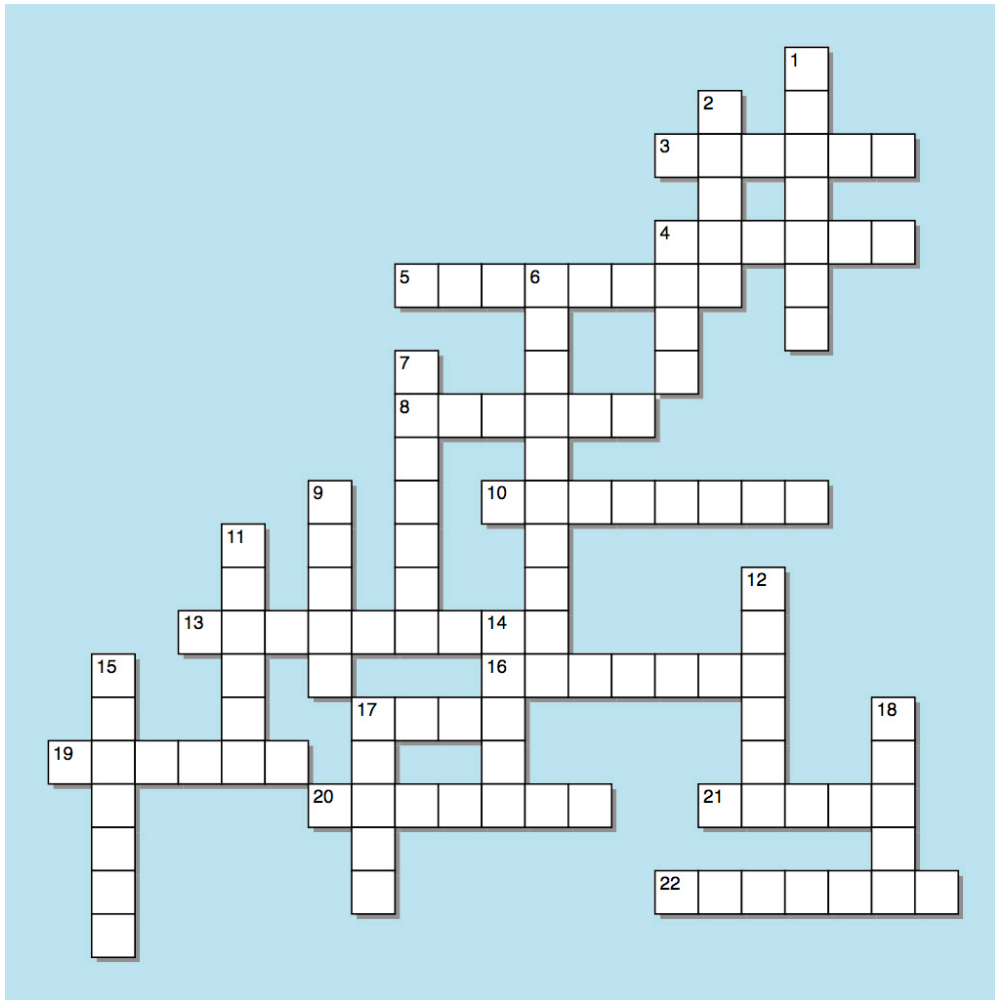


CROSSWORD

CARDIO KICKBOXING

Name: _____ Date: _____



ACROSS

3. Cardio kickboxing encompasses a combination of aerobics, _____ and martial arts
4. An example of a chronic medical condition
5. The American Council on _____
8. The man behind most of the trend in cardio kickboxing
10. Cardio kickboxing does not involve this type of contact
13. A good workout session includes a series of controlled _____
16. Today's popular form of kickboxing is known as _____ or cardiovascular kickboxing
17. To do this kick, pull your right knee up to your left shoulder
19. Cardio kickboxing can help overcome this _____
20. Cardio kickboxing is a total-body _____
21. This kick starts with feet shoulders' width apart
22. This celebrity likes cardio kickboxing

DOWN

1. Do not wear or hold them when punching or kicking
2. You should wear _____ and comfortable clothing when kickboxing
4. Kickboxing as a combat sport has its origins in the combat arts in Eastern _____
6. One of the three types of kicks
7. It's a good idea to do this with a cardio kickboxing class before you try it
9. Cardio kickboxing can be a great alternative for people who are _____ with weight-room activities
11. Hand wraps or _____ are sometimes used during classes
12. You should speak with this professional before starting an exercise program
14. Billy's video
15. Before starting cardio kickboxing you should know your own level of this
17. Experienced cardio kickboxers recommend cross-trainer _____
18. Drink plenty of this before, during and after class

WORD SEARCH

CARDIO KICKBOXING

Name: _____ Date: _____



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

- | | | |
|----------------|------------|------------|
| Kickboxing | Blanks | Water |
| ACE | Exercise | Roundhouse |
| Gyms | Instructor | Guidelines |
| Workouts | Doctor | Clothing |
| Cardiovascular | Physical | Gloves |
| Aerobics | Asthma | Shoes |
| Stress | Diabetes | |