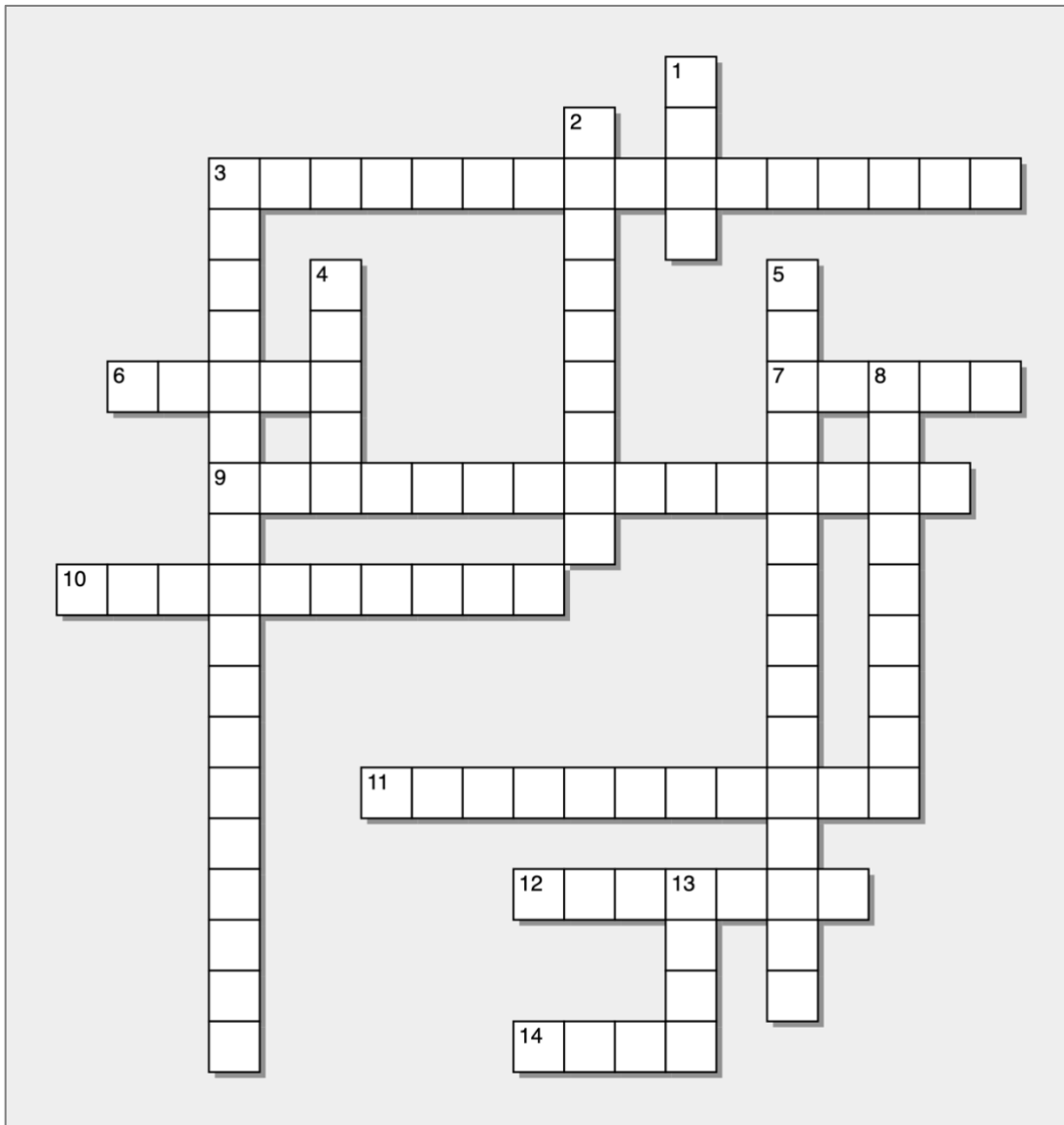


Fitness *planning with a purpose.*



Solve the crossword puzzle. Perform the exercises after each clue for 30 seconds before moving to the next clue. There are 15 total exercise intervals for a 7-minute & 30-second interval workout.



Across

- 3) Maximum force that a muscle can produce. (*Split Jacks*)
- 6) Sweet, edible parts of trees and plants. (*Jumping Jacks*)
- 7) Foods, primarily made from milk products, that provide a significant source of calcium. (*Half Jacks*)
- 9) The ability of the body to take in, transport, and use oxygen during physical activity. (*Jumping Jacks*)
- 10) Edible parts of plants which can include roots, leaves, and flowers. (*Side Jacks*)
- 11) The ability to move muscles and bones through the range of motion created by skeletal joints. (*Seal Jacks*)
- 12) Foods that provide a significant source of protein such as meat, beans, eggs, soy, nuts, and some seeds. (*Seal Jacks*)
- 14) The duration of a physical activity session. (*Twist Jacks*)

Down

- 1) Four elements needed for a comprehensive fitness plan. (*Twist Jacks*)
- 2) How often something happens. (*Half Jacks*)
- 3) The ability of a muscle to continue to perform without fatigue. (*Plank Jacks*)
- 4) A colorless, transparent liquid that forms the basis of the fluids that are required for life. (*March Jacks*)
- 5) The ratio of lean tissue to fat tissue. (*Side Jacks*)
- 8) The amount of sustained effort used during physical activity. (*March Jacks*)
- 13) The category associated with an activity – aerobic, strength, mindfulness, etc. (*Split Jacks*)