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)*