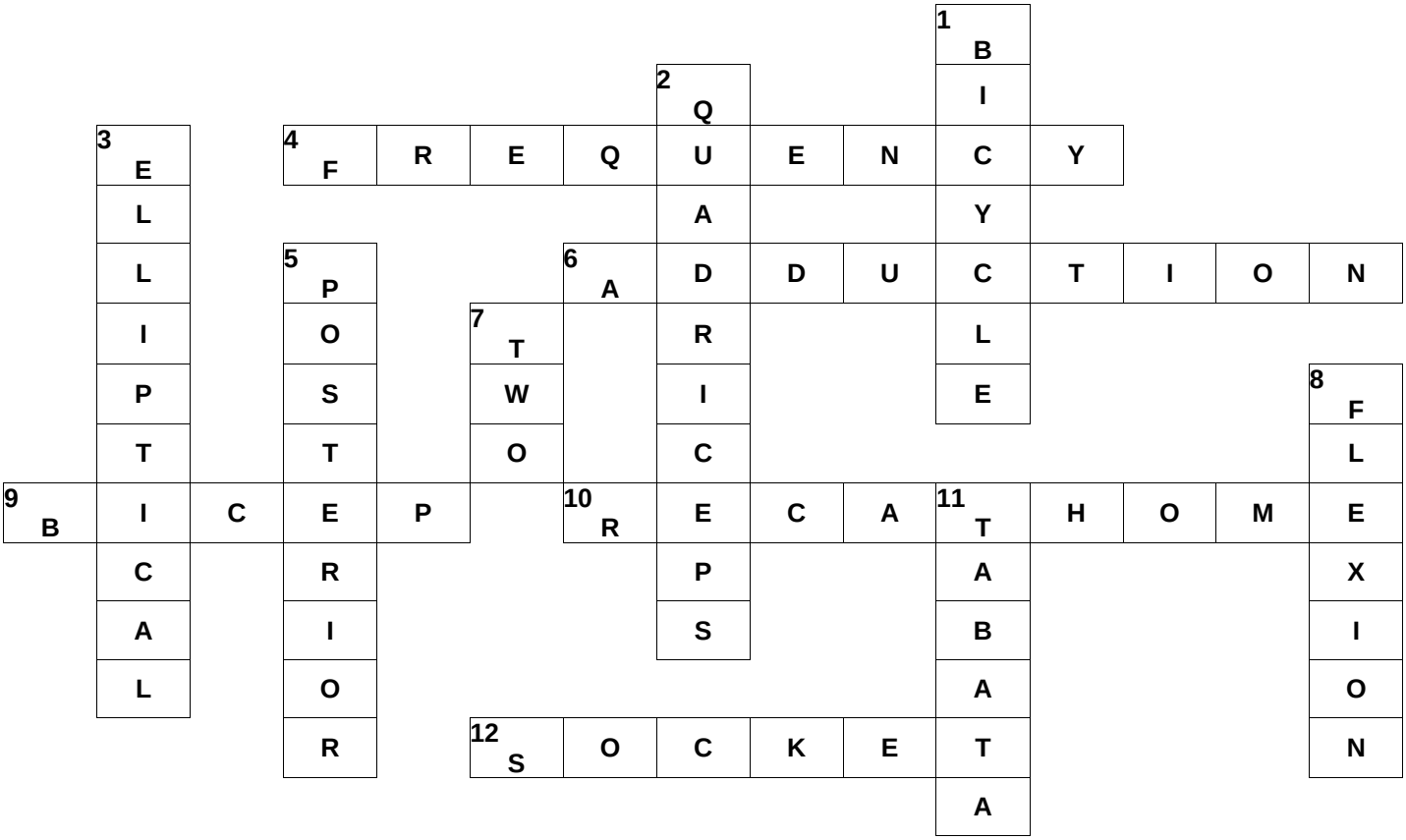
TEST YOUR FITNESS KNOWLEDGE CROSSWORD PUZZLE



Across

4. Fill in the blank: The F.I.T.T. Principle refers to _____, intensity, time and type.

6. Name the movement that brings the limb towards the midline of the body.

9. What muscle allows you to bend or flex your arm?

10. What is the hashtag for the Recreation at Home webpage - #_____

12. Your hip joint is a ball and _____ joint.

Down

1. You can use this piece of cardio equipment inside or outside.

2. Name the muscle group that allows you to extend your leg at the knee (hint: it lies on the front of your thigh)

3. Name the cardio machine that simulates cross-country skiing.

5. Your hamstring muscle group is located on the _____ side of your upper leg.

7. How many pools does the Town of Aurora operate?

8. Another word for bending forward.

11. What is the name of the fitness class held on Wednesdays at 12:15pm? _____ Fusion.