

WEEKLY CROSSWORD

This weeks topic: FITNESS ANSWERS

Across

3. You need to keep your level up (7)
6. The marathon tests a runner's (9)
7. You sit on this machine and pull (5)
9. You need to keep yourself in good (6)
10. You drink this to keep hydrated (5)
13. You need this when dancing (12)
16. You can go fast or slow (5)
17. You need this if you stand on one foot (7)
18. The rate at which something happens (9)
20. Another name for a fitness suite (3)
23. You need to do this before and after a workout (10)
24. Ponder about hydrogen in hormone (10)
25. If you are teaching someone you are them (8)
28. Lack of liquid (11)
29. You use these on a bench (11)
30. Another name for our gyms (12)

Down

1. Our Lifestyle Consultants can also be a (15)
2. What do we call our instructors (20)
4. You can check your BMI with a (15) machine.
5. Another word for pulse (9)
8. When you want to get fit you may... (8)
11. The gracefulness of a person that is quick and nimble (7)
12. You can work these muscles while doing floor work (4)
13. Relating to the heart and blood vessels (14)
14. You need to pull you up (8)
15. You can run on these (9)
19. Tools for curls and lifts (7)
21. You can work on these in the gym (7)
22. You need sleep to give you ... (6)
26. You use these to do cycle (5)
27. Great strength or force (9)

The crossword puzzle grid contains the following answers:

- Across:**
 - 3. FREQUENCY
 - 6. ENDORPHINS
 - 7. ROWER
 - 9. GYM
 - 10. WATER
 - 13. STRETCHING
 - 16. TREADMILL
 - 17. BALANCE
 - 18. METABOLISM
 - 20. SUITE
 - 23. WARMUPS
 - 24. ENDORPHINS
 - 25. TEACHING
 - 28. DEHYDRATION
 - 29. FREEWEIGHTS
 - 30. FITNESS SUITE
- Down:**
 - 1. PERSONAL TRAINER
 - 2. INSTRUCTOR
 - 4. BMI SCALE
 - 5. HEART RATE
 - 8. MOTIVATION
 - 11. AGILE
 - 12. FLOOR EXERCISES
 - 13. CARDIOVASCULAR
 - 14. PULL UP
 - 15. TREADMILL
 - 19. DUMBBELLS
 - 21. GYM EQUIPMENT
 - 22. REST
 - 26. CYCLE TIRES
 - 27. STRENGTH