

Answer Key - March 2010 Fit Bits

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ACROSS

- 3. A traditional upper body exercise with many variations that uses chest, back, triceps and shoulders.
- One of the BEST calorie blasting cardio methods that involve varying grade and/or speed
- 6. Just as important as the exercise and nutrition is taking the time to recover and .
- 8. Tara Smart and Janelle Konkel.

DOWN

- 1. When lifting weights, it's important to work the front AND back, and left AND right to achieve
- 2. A SUPER fun group fitness class that incorporates intervals and can burn more than 600 calories in an hour.
- A lower body exercise that involves bending at the knees with a straight back and upright chest.
- 7. Someone who can instruct, direct and ensure proper technique.

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