



### ACROSS

3. A traditional upper body exercise with many variations that uses chest, back, triceps and shoulders.
5. 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.
4. 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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