

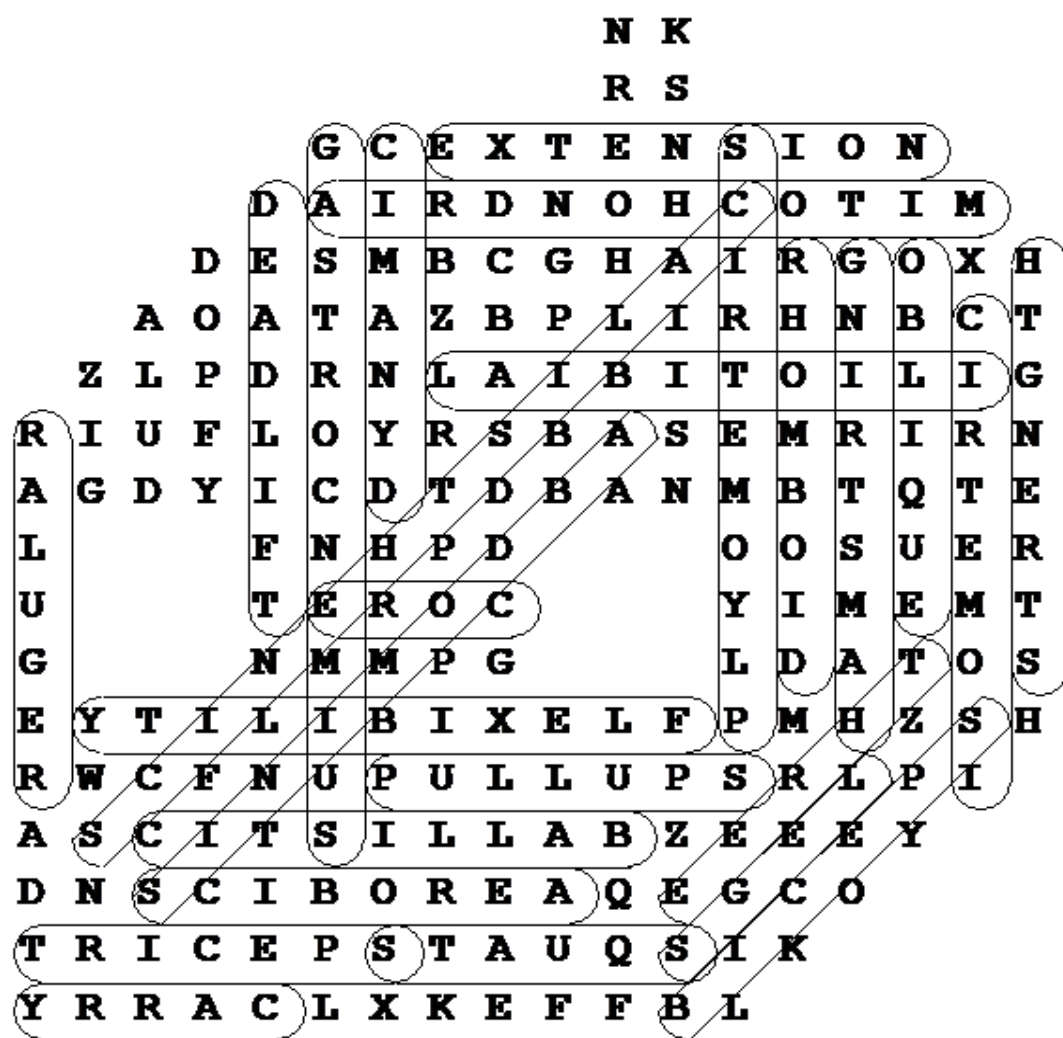
Health Science – Chapter 1 – Physical Fitness and PE – Form 11B ©

LIST OF WORDS

**PLYOMETRICS
PULLUPS
REGULAR
RHOMBOID
SQUATS
STRENGTH
THREE
TRICEPS**

- 1) Find in the Word Search Puzzle all the words shown above.
- 2) On a separate sheet of paper, for each word, please write its definition or a sentence, or any combination of both. Your sentences must involve relevant concepts in this lesson. The quality of the sentences you write will determine your grade.

ANSWER KEY



ARDOMINIS
AEROBICS
BALLISTIC
BICEPS
CALISTHENICS
CARRY
CORE

DEADLIFT
DYNAMIC
EXTENSION
FLEXIBILITY
GASTROCNEMIUS
HAMSTRING
ILIOTIBIAL

ISOMETRIC
LEGS
MITOCHONDRIA
OBLIQUE
PLYOMETRICS
PULLUPS
REGULAR

RHOMBOID
SQUATS
STRENGTH
THREE
TRICEPS

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