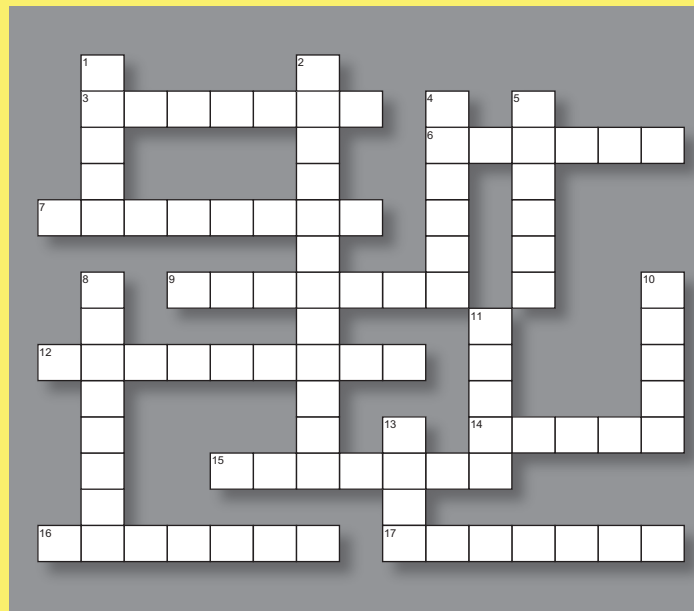




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Crosswords Edition 18 WORK OUT Printable Version



Across - 3. exercise routine; 6. heavy part of leg (pl);
7. muscular; 9. slow trotting; 12. pulse rate (2 words); 14. weight raises; 15.
exercise using arms; 16. with oxygen; 17. chinning exercise

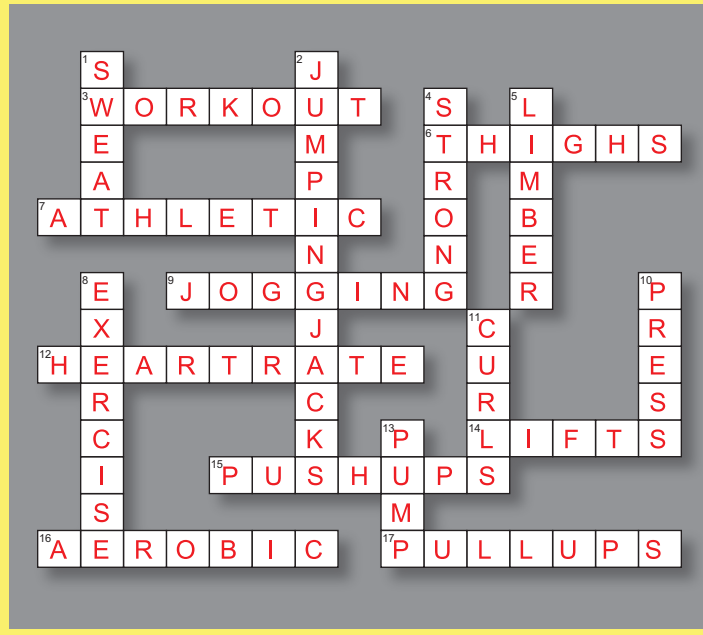
Down - 1. perspire; 2. arm/leg exercise (2 wd); 4. powerful; 5. flexible; 8. bod-
ily exertion; 10. lift weight above head; 11. pull weight to chest; 13. lift iron
repeatedly

Please, roll page down for solution.



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Crosswords Edition 18 Solution



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