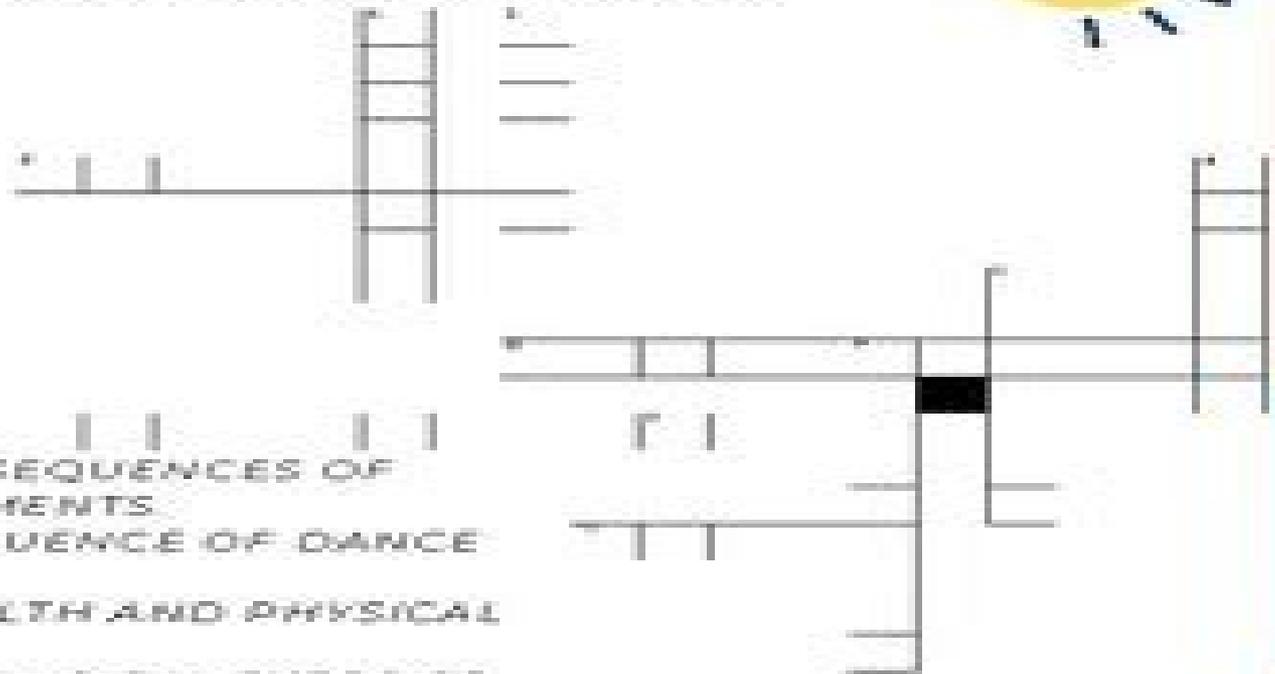


# AEROBICS CROSSWORD



## DOWN :

1. STRUCTURED SEQUENCES OF AEROBIC MOVEMENTS
2. PLANNED SEQUENCE OF DANCE MOVEMENTS
4. OVERALL HEALTH AND PHYSICAL CONDITION
5. SESSION OF PHYSICAL EXERCISE
7. STAMINA OR STAYING POWER

## ACROSS :

3. PHYSICAL ACTIVITY FOR HEALTH IMPROVEMENT
6. EXERCISES INVOLVING RAPID STRETCHING AND CONTRACTING
8. ABILITY TO MOVE JOINTS FREELY
9. SHORT FOR CARDIOVASCULAR EXERCISE
10. DANCEBASED FITNESS PROGRAM

# Aerobics Crossword Answers 22

**DP Hallahan**



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