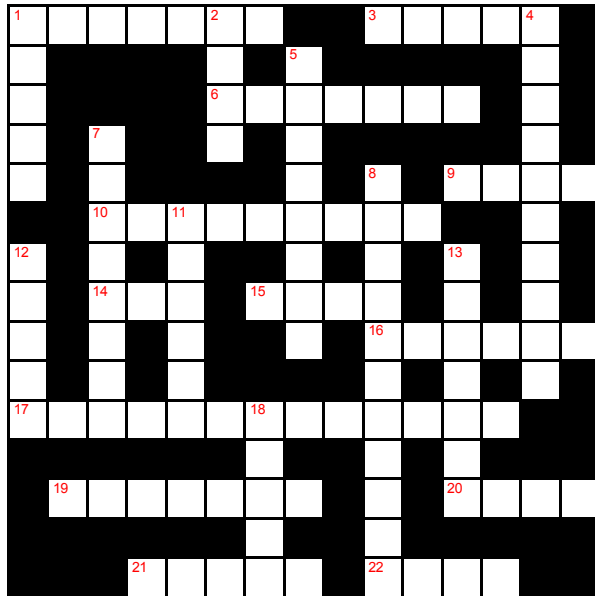


# Fitness\_and\_fitness\_products\_15x15\_2008-10-12

B.B. Huria



## Across

- 1 A monosaccharide sugar that has several forms; an important source of physiological energy. (7)
- 3 A muscle of the thigh that extends the leg. (5)
- 6 The tendency of a body to maintain its state of rest or uniform motion unless acted upon by an external force. (7)
- 9 A broad flat muscle on either side of the back. (4)
- 10 'M' in 'BMR' stands for \_\_\_\_ (9)
- 14 The number of calories burnt by your body while at rest to maintain normal body functions. (3)
- 15 BMR stands for Basal Metabolic \_\_\_\_\_. (4)
- 16 An injury to the ligament. (6)
- 17 Consisting of more than one type polymer that has the elastic properties of natural rubber that prevent treadmill belts from stretching out of shape, thereby increasing usability. (13)
- 19 The percentage of your body mass that is not composed of lean muscle, water, bones or vital organs. (4,3)
- 20 The amount of electrical or mechanical power required to operate a machine. (4)
- 21 'B' in 'BMR' stands for \_\_\_\_ (5)

22 A system of exercises

practiced as part of the Hindu discipline to promote control of the body and mind. (4)

## Down

- 1 Any one of three large skeletal muscles that form the buttock and move the thigh. (5)
- 2 The front part of the human leg between the knee and the ankle. (4)
- 4 A monitoring device attached to the exerciser's clothing and to the emergency stop switch on treadmills. (6,4)
- 5 Either of two large muscles of the chest. (8)
- 7 An exercising weight; two spheres connected by a short bar that serves as a handle. (8)
- 8 The branch of physiology that studies the mechanics and anatomy in relation to human movement. (11)
- 11 The twisting force at the motor shaft that drives the rollers on a treadmill and pulls the belt. (6)
- 12 The muscle running along the inside of the upper arm which bends your arm at the elbow. (5)
- 13 Weights attached to a long bar which requires both hands to pick up. (7)
- 18 The term for any of the many poses done in yoga. (5)