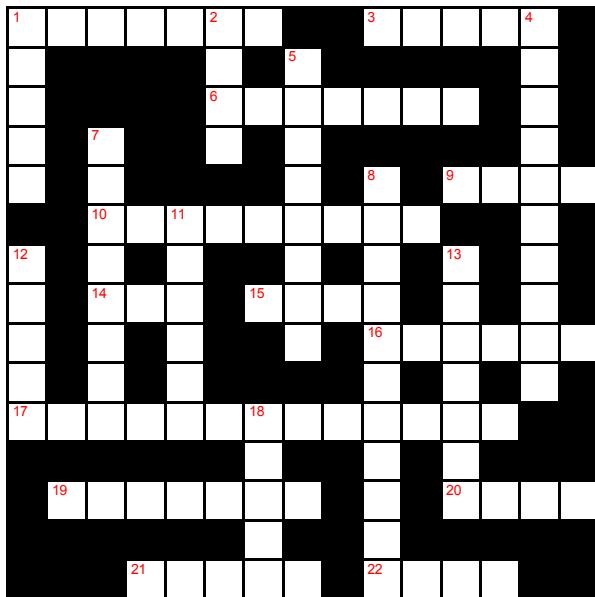


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B.B. Huria



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
- 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)

bar that serves as a handle. (8)