Method of exercise intended to develop control of body and mind
Moving to the music, either as a group or improvised
Avoid dehydration with lots of __
Abbreviated term relating to the heart and the exercise of it
A walk in the woods or up the side of a mountain
Sudden forward movements that exercise the legs
Lay on your back and touch your elbows to your knees
Remain upright while bending and extending your legs
Taking the __ instead of the elevator can be good exercise
Some fitness experts make __ of their routines for sale
Stationary, mountain or touring versions
Good for learning new techniques or just exercising in a group
Not quite as fast as running
Grab a bar and elevate yourself
Drop and give me twenty
Going the distance, alone or in a marathon
__ before and after exercise to avoid cramps and loosen muscles
Probably the simplest form or exercise
It’s good to do some __—__ before starting heavy exercise
Using physical mass to build muscle mass
Any sustained exercise for improving circulation and respiration
Aquatic exercise
Even weeding, mowing, or other __ __ can be exercise
You can buy specialized exercise __ or go to a gym to use it
Monitoring your __ __ will help keep you from overdoing it
Roundball sport that exercises arms and legs
Fast paced game with a blue ball and four walls
You’ll need a rope, carabiners, belaying equipment and lessons

Enter unused letters from puzzle, in order:

Copy boxed letters to form your hidden message:

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