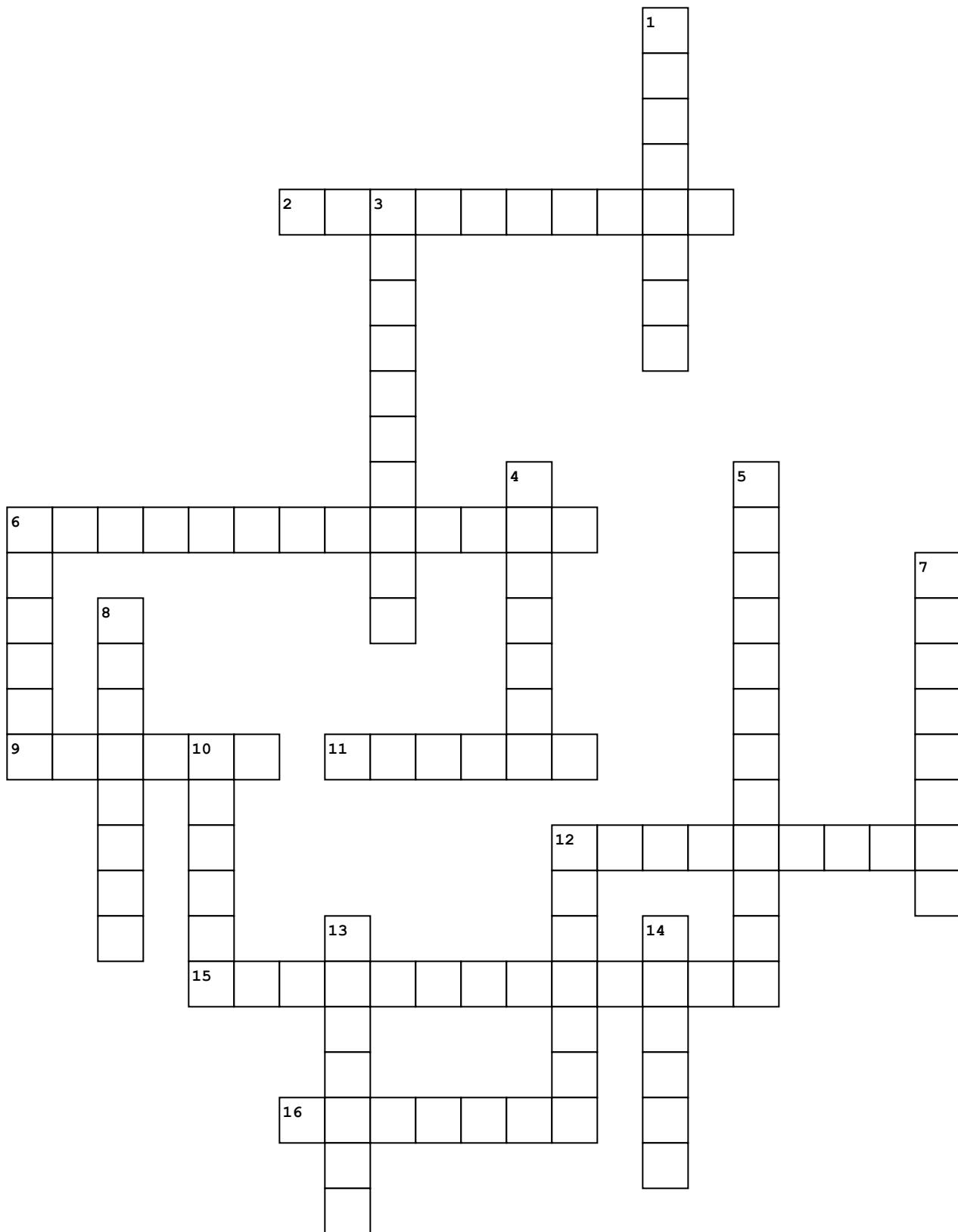


# Simpl x Alpha Coach Crossword | Exercises & Sports



Across

Down

2. The ladies love these. This exercise grows your guns. (5,5)
6. Slang term for an overhead triceps exercise.(5,8)
9. A slouch-resistant exercise to build core strength and abs by crunching forward.
11. A resisted sitting-like exercise that builds the gluteus maximus.
12. The fastest racquet sport.
15. Functional exercise that builds upper body strength for shoulders, chest and triceps. Can be done seated or standing.(8,5)
16. An upper body exercise one is prone to do, usually when punished.
1. Resisted picking up movement very common with Olympic Lifters.
3. An exercise most of our short friends look taller in pictures. (4,6)
4. A sport often considered as the “Gentleman's Game”.
5. Core exercise involving a scissor like movement with the legs (plural).(7,5)
6. A shoulder gesture that works your trapezoids and also suggests you aren't interested in something.
7. All you need is a hop, skip, jump & a rope.
8. The most popular sport, also called soccer.
10. Prone ab exercises that make 1 minute feel like an hour
12. One of the best aerobic exercises that require agility, coordination, strength and conditioning.
13. Pulling movement that does not involve the use of legs & targets muscles in the back, biceps and core.
14. The G.O.A.T of this sport originates from Switzerland.