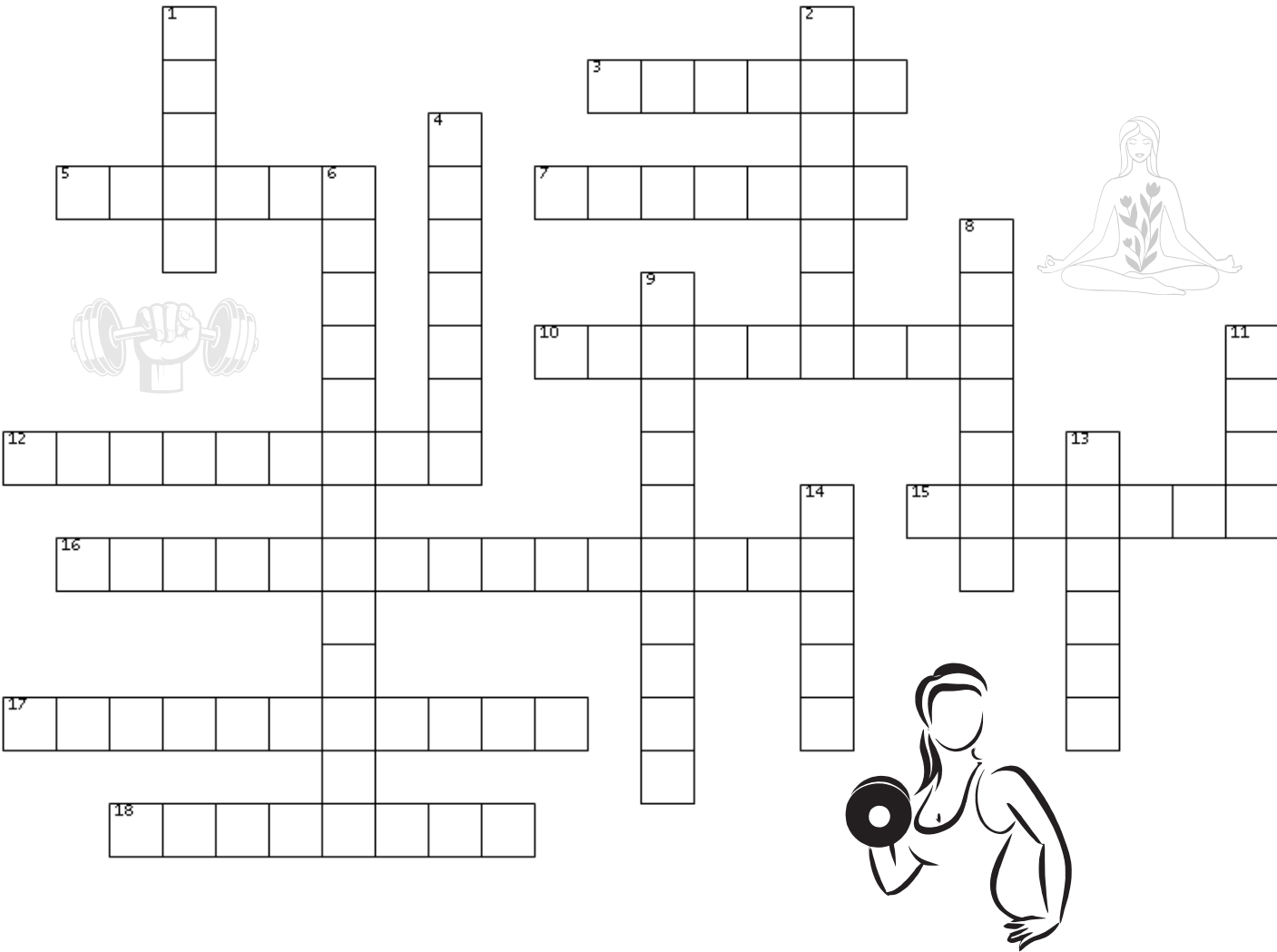


Yoga & Fitness



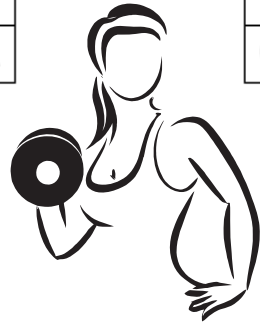
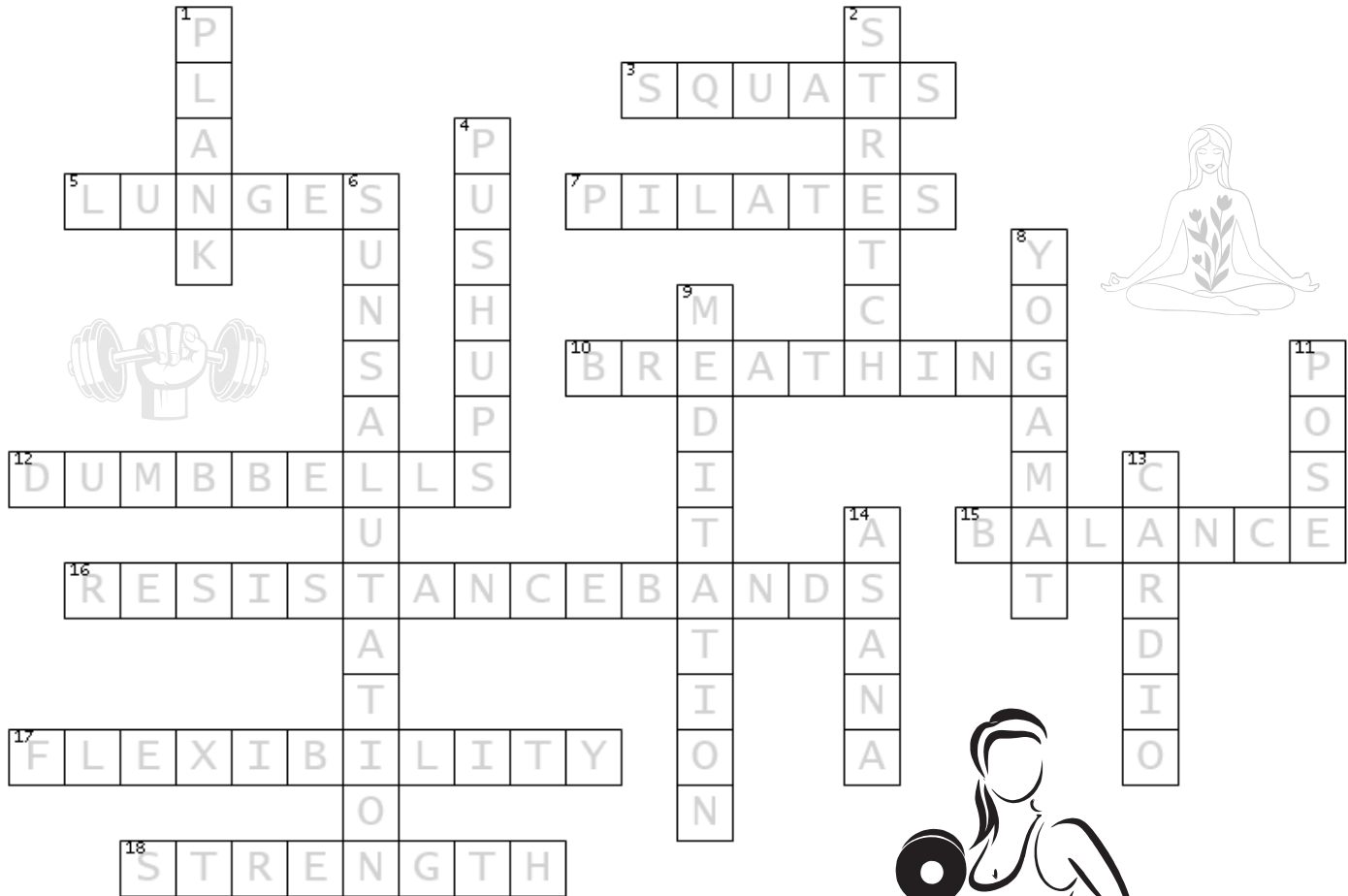
ACROSS

- Exercise for strengthening the legs.
- Exercise targeting legs and glutes.
- A fitness system focusing on core strength.
- Controlled inhale and exhale during yoga.
- Weights used for strength training.
- Ability to maintain body stability.
- Stretchy bands used in strength training.
- Ability to bend and move easily.
- Building muscle power through exercises.

DOWN

- An exercise that strengthens the core.
- Extending muscles to increase flexibility.
- Exercise using arms to lift the body.
- A sequence of yoga poses.
- Soft surface for practicing yoga.
- Focused breathing and relaxation practice.
- A position held in yoga.
- Exercises that raise heart rate.
- A yoga posture or position.

Yoga & Fitness



ACROSS

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5. Exercise targeting legs and glutes.
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