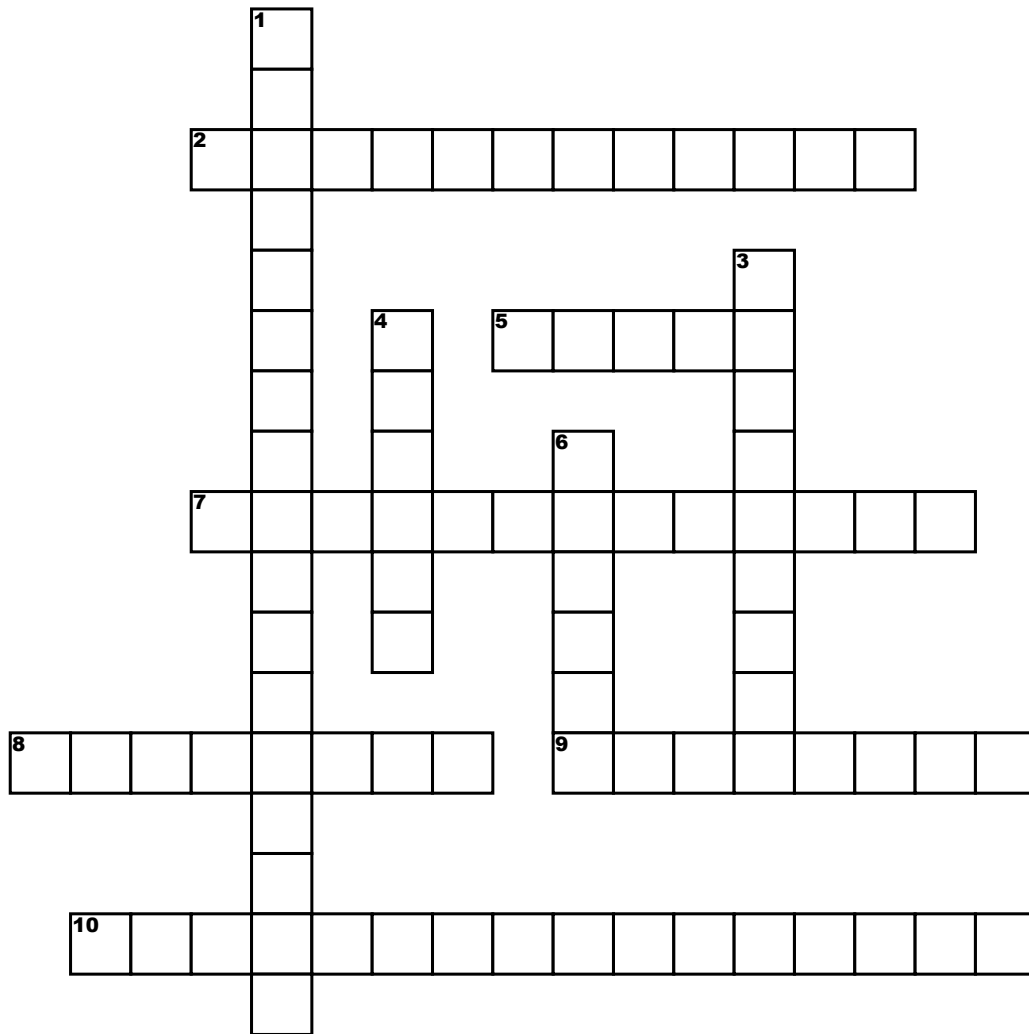


Name: _____

Date: _____

Muscular Strength and Muscular Endurance



Across

- 2.** a benefit of muscular strength is that it prevents
- 5.** how many times should you work on muscular strength a week
- 7.** improves muscular strength
- 8.** improving muscular strengths reduces joint and muscle
- 9.** push-ups can help improve
- 10.** the ability of a muscle to generate maximal force

Word Bank

Muscular Endurance
twice
Muscular strength
Weight lifting

strength
Planks
injuries

osteoporosis
weight
heart rate

Down

- 1.** the ability to generate force over and over again
- 3.** improving muscular endurance decreases a resting
- 4.** a benefit of improving endurance is maintaining a healthy body
- 6.** is a way to improve to muscular endurance