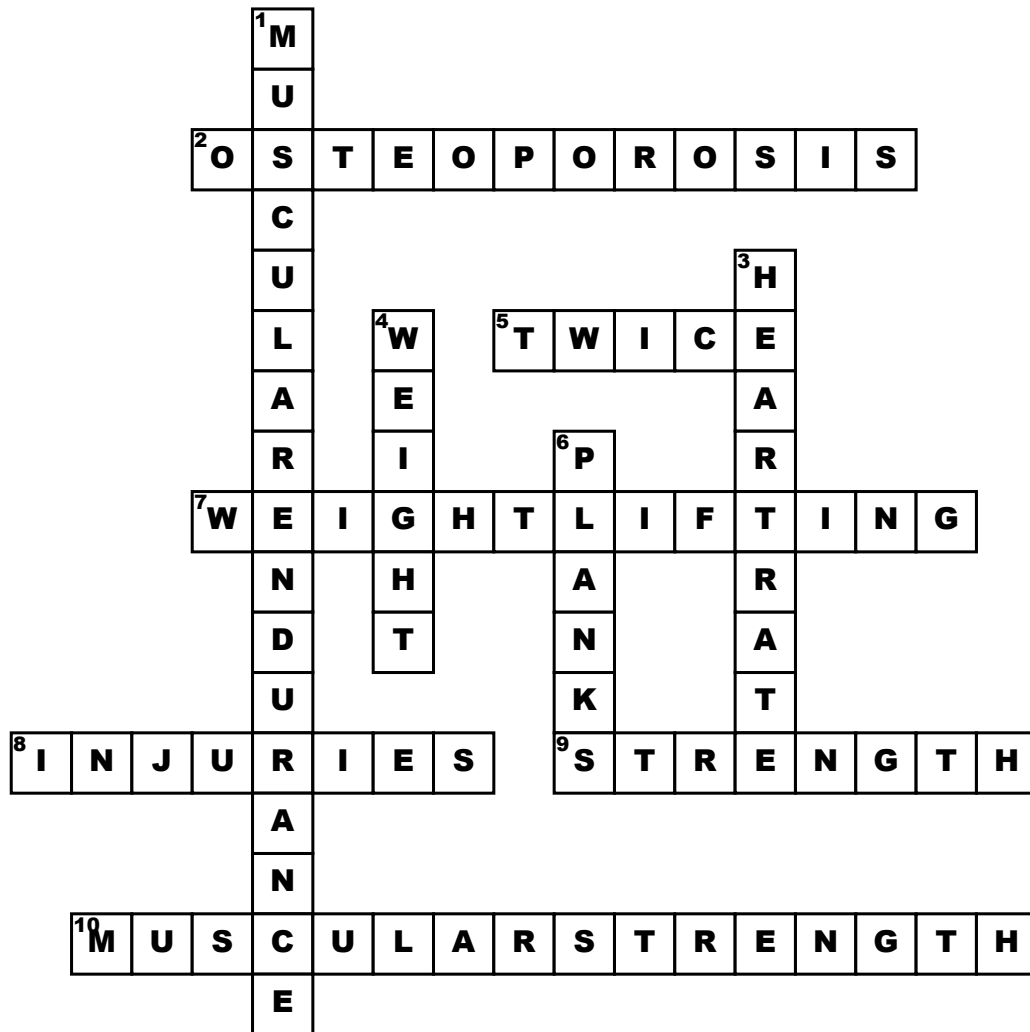


Name: _____

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

heart rate
twice
Planks
Weight lifting

Muscular strength
Muscular Endurance
osteoporosis

weight
strength
injuries

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