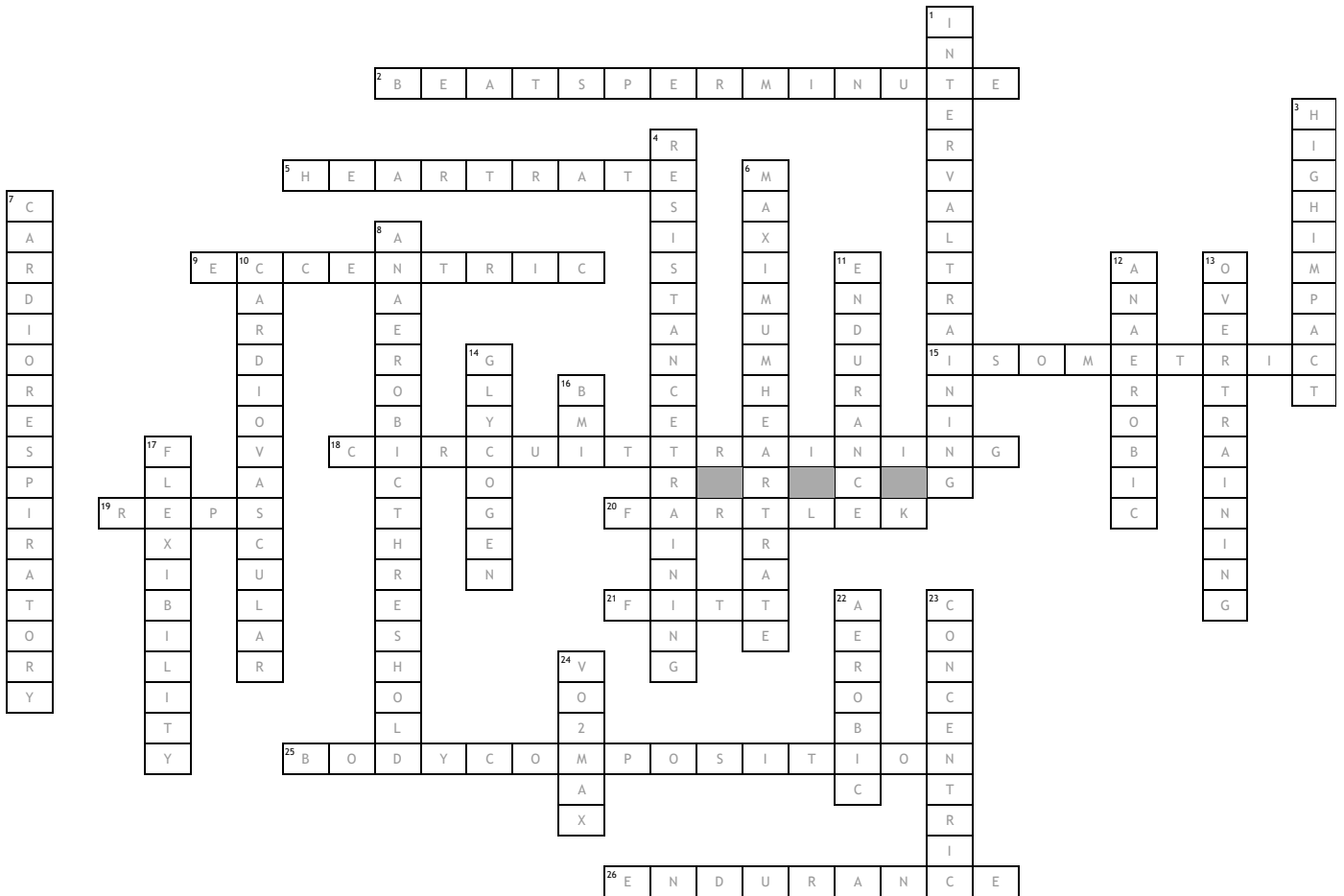


# Aerobics & Body Conditioning Vocabulary



**Across**

- 2. a measur of the amount of times the heart beats in a minute
- 5. a measure of the amount of time the heart beats during an activity
- 9. a muscle action in which the muscle lengthens
- 15. a muscle action by which tension is created without lengthening or shortening the muscle
- 18. type of training that involves body conditioning within a series of prescribed exercises
- 19. the number of times a particular exercise is performed in a set
- 20. A Swedish word that means a training method in which pace is variable and the last runner in line sprints to the front of the line.
- 21. The acronym for Frequency, Intensity, Time, and Type
- 25. a component of fitness that measures the amount of fat to lean muscle
- 26. the capacity of a muscle to withstand repeated contractions

**Down**

- 1. a training method by which an athlete will vary speed and intensity of an exercise to affect heart rate
- 3. A type of exercise that raises heart rate quickly and is difficult to sustain for longer than a few seconds
- 4. a method of training by which resistance (in the form of weights, bands, tubes, or body weight) is used to build muscle
- 6. 220-your age is how to calculate this:
- 7. relating to the heart and lungs
- 8. the level of exercise intensity at which lactic acid builds up in the muscle tissue faster than it can be cleared away.
- 10. relating to the circulatory system of the heart, lungs, and vessels
- 11. The capacity of the heart and lungs to sustain aerobic exercise
- 12. without oxygen, such as high-intensity interval training (HIIT)
- 13. An unsafe training method that ignores rest and variability and results in illness and injury
- 14. Major source of energy stored as glucose in the body
- 16. A clinical measure of body fat based on height and weight in males and females
- 17. a component of fitness that measure the suppleness/elasticity of muscle
- 22. Exercise that uses oxygen and strengthens the cardiovascular system
- 23. muscle action in which the muscle shortens or contracts
- 24. a measure of maximum ventilatory capacity that can be positively affected by aerobic training