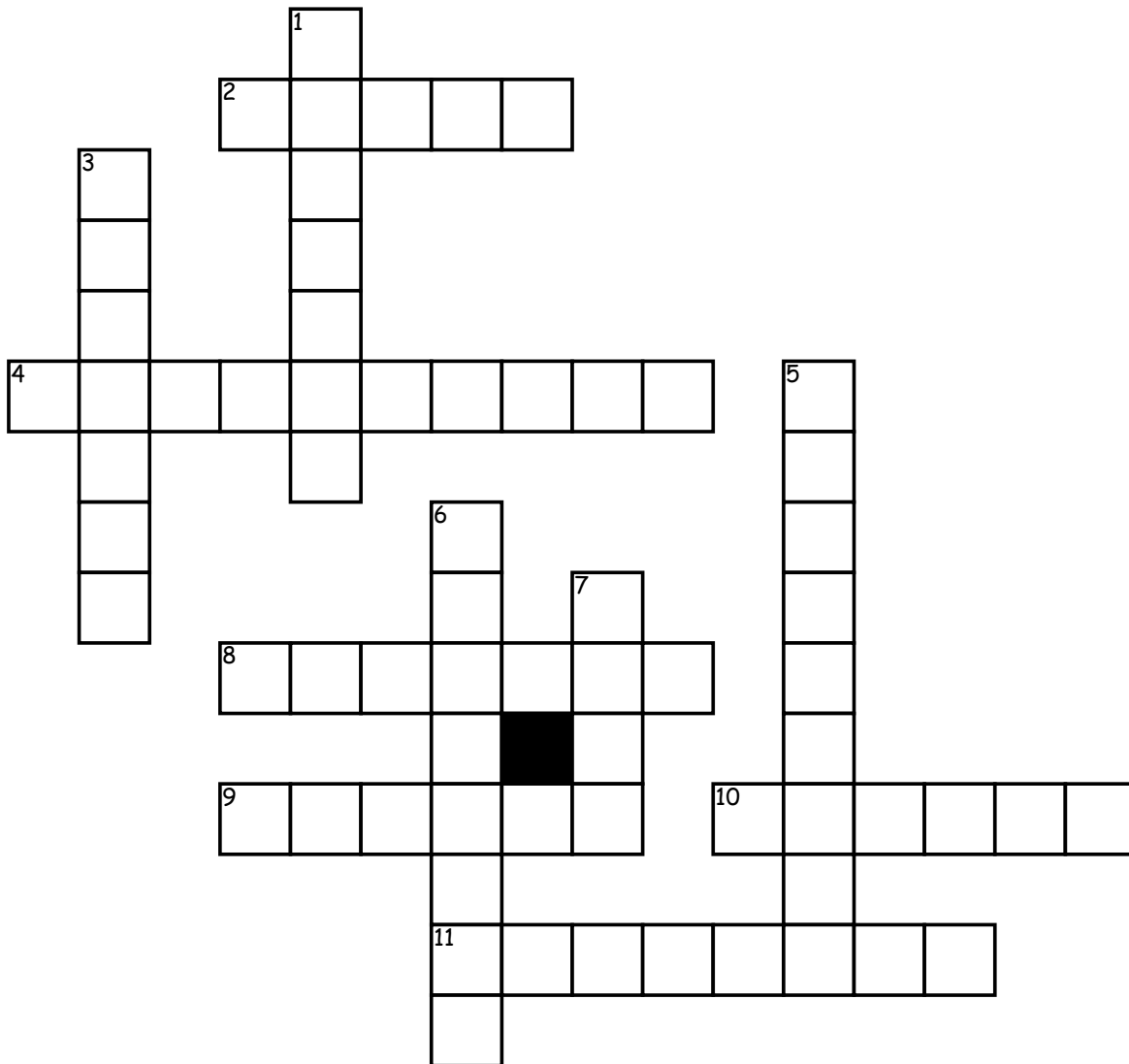


Name: _____

Methods of Training



Across

2. During training our muscles can become fatigued, meaning _____

4. Activities such as rowing, cycling and swimming are all examples of _____ training.

8. An eccentric contraction is when the muscle contracts to _____ a movement.

9. Interval training can be tailored so that it can specifically train one _____ system at a time.

10. Incorrect resistance training technique can lead to _____

11. An advantage of circuit training is that it can be done _____ e.g. parks

Down

1. This training involves between 6-10 different exercises with a set time to complete.

3. Continuous training improves your _____ fitness.

5. Weight/Resistance training helps with your muscular strength, power and muscular _____

6. _____ training involves regular bursts of exercise followed by rest periods or lower intensity exercise i.e. walking.

7. Plyometric training uses the _____ as its resistance weight.