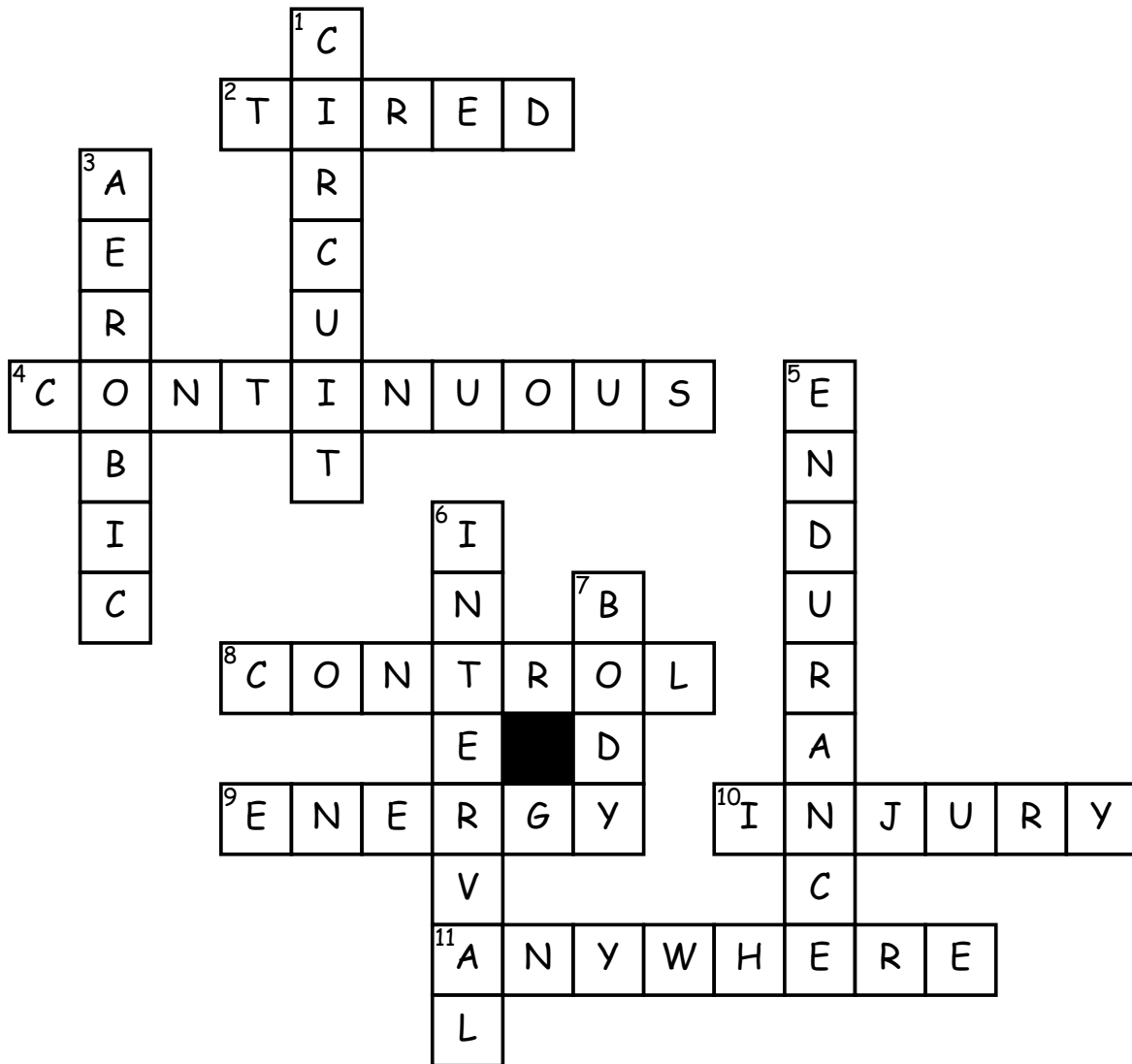


Name: \_\_\_\_\_

# 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.