

Name: _____

Date: _____

Aerobic Fitness Training

Y Y T I S N E T N I C I B O R E A
H U I J H E A R T R A T E E R V J
V F K Q T N B U Q Q D C K S L R Y
B R E A T H I N G S C A L E C E C
O C H S S W I M M I N G I R S S A
U B P T Y G S Y C G O J O M L T L
M D E E Y K Y Q O M L S U L A X O
D V D M E R Z C D L S B P L C I R
U Y O E Q Z N D N T W A L K T Q I
B Q M F K T A E R E H Y O V A E E
Y F E L K Y X A V C U R K Q T Y S
E Z T B Y E I W M K K Q U K E Y G
S O E Q R N R S K X S S E N T I F
Q R R C I L K O E S W S H R A P O
Q Q I N G K C J R L T H Y C F T B
T S G K B Q H K Q L I F R U H O M
E O S E I R U J N I V M G X T S C

breathing scale
pedometer
injuries
swimming
aerobic
walk

cross training
frequency
calories
lactate
miles
run

heart rate
intensity
exercise
fitness
rest
jog