Starter for Ten

The crossword grid solution (reading the lettered cells):

Down:
1. CARDIOVASCULAR
2. FLEXIBILITY
3. MUSCULAR STRENGTH
4. SPEED
5. POWER
6. BALANCE

Across:
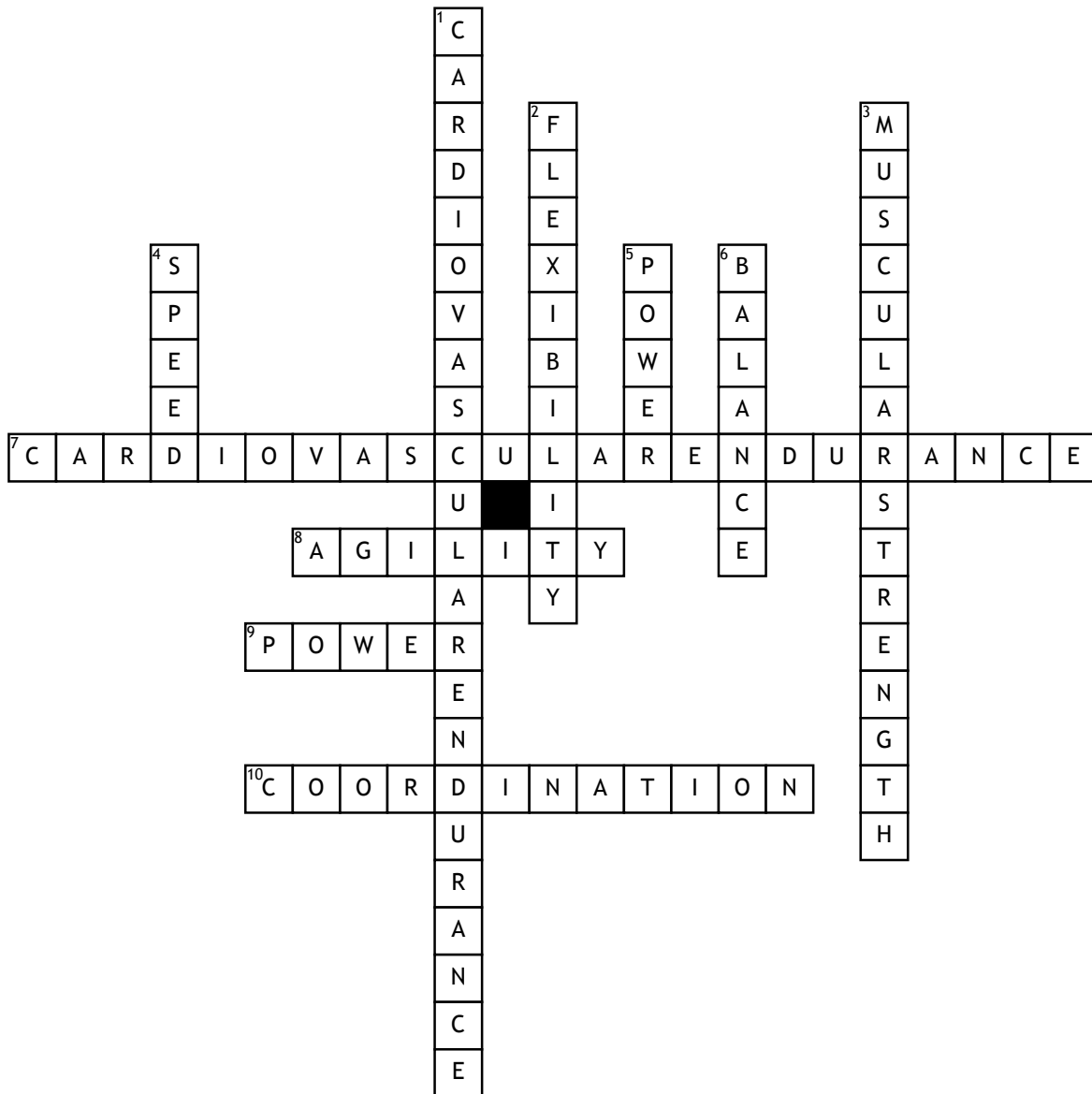7. CARDIOVASCULAR ENDURANCE
8. AGILITY
9. POWER
10. COORDINATION

Across

7. What does the 12 min cooper run test?

8. What does the illinois a_____ run test ?

9. What does the vertical jump test ? (vertically)

10. What does the 45 sec alternate ball throw and catch test ?

Down

1. What does the harvard step test ?

2. What does the sit and reach test ?

3. What does the hand grip dynamometer test ?

4. What does the 30m sprint test ?

5. What does the standing long jump test ? (horizontally)

6. What does the one legged standing stork stand test ?