Physical Fitness Crossword Puzzle

Across
1. Full range of motion
2. Prepares your body to return to a resting state
3. Maintains physical fitness
4. Produces energy without using oxygen
5. Increasing demands on your body
6. Amount of force your muscles can exert
7. Involving little physical activity
8. Body to use energy
9. Painful contractions
10. Dangerous condition in which the body loses the ability to cool itself
11. Muscles to perform physical tasks over a period of time
12. Exercising at your highest peak
13. Rhythmic activities
14. Prepares the muscles for work
15. Duration
16. Injuries to the ligament around a joint
17. Physical stress on the body caused by overheating
18. Damage to skin and tissue in extreme cold weather
19. A process to control swelling after an injury
20. Overstretching and tearing a muscle
21. Overworking the body
22. Choosing the right types of activities
23. Enough energy to respond to unexpected demands
24. Low body temperature
25. Beyond your regular daily activities
26. Heart, lungs, and blood vessels

Down
1. Cardiac endurance
2. Prepares for physical tasks
3. Maintains physical fitness
4. Anaerobic
5. Inflammation
6. Amount of force your muscles can exert
7. Full range of motion
8. Prepares your body to return to a resting state
9. Maintains physical fitness
10. Dangerous condition in which the body loses the ability to cool itself
11. Muscles to perform physical tasks over a period of time
12. Exercising at your highest peak
13. Rhythmic activities
14. Prepares the muscles for work
15. Duration
16. Injuries to the ligament around a joint
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