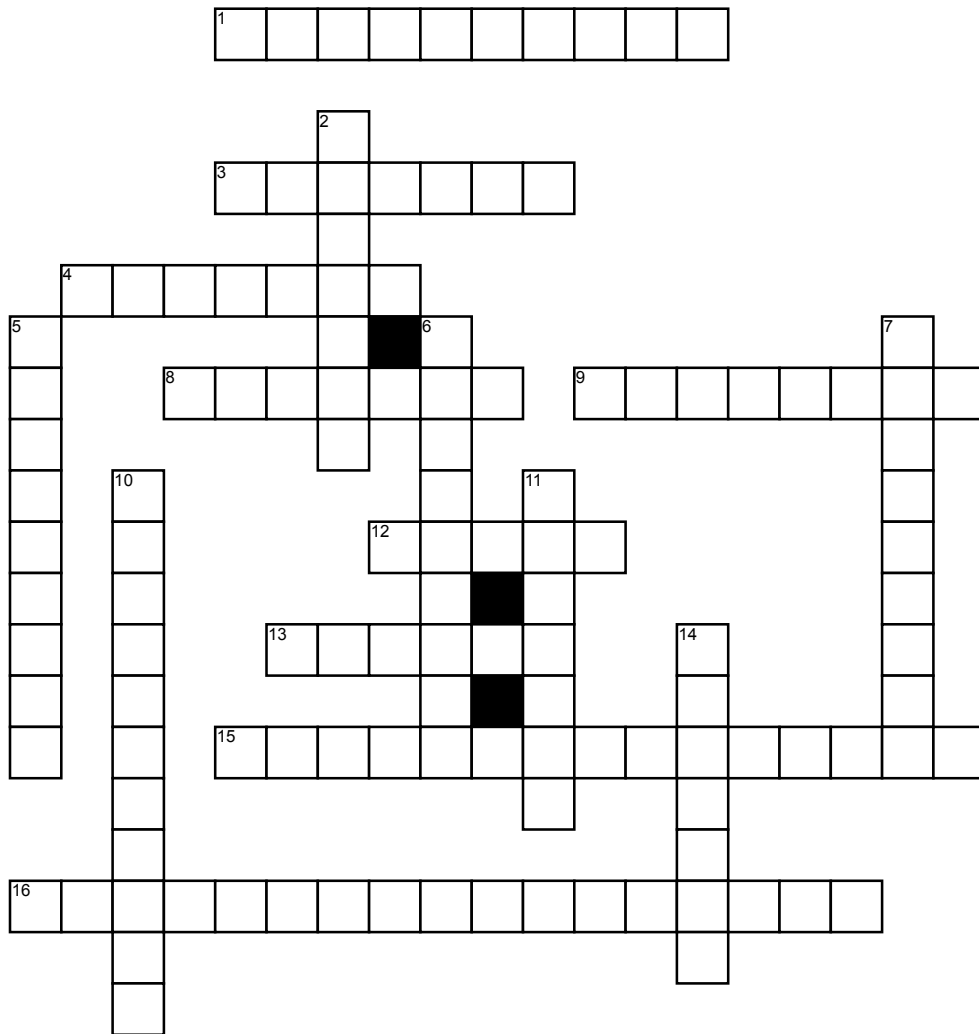


# Fitness and Exercise



## **Across**

1. Name the main muscle group involved in the leg extension machine
3. Name the machine that exercises the hamstrings
4. Name the piece of equipment used in a bench press
8. What is the name given to an individual who helps you perform a weighted exercise?
9. The maximum amount an individual can push or pull

12. A combination of strength and speed

13. Who would you most associate the character 'Baloo' to?

15. Name the main muscle used on the lat pull down machine

16. Ability of muscles to contract for a long period of time

## **Down**

2. Ability to change direction quickly and under control

5. Name the greatest English football club

6. What muscle group is used on the chest press machine?

7. What should happen in the second stage of a warm up?

10. What is the first section of a warm up called?

11. Name the main muscle used in a shoulder press

14. Who's going to win the golden boot this season?

## **Word Bank**

deltoid  
strength  
power  
leg curl

Spotter  
stretches  
Stuart  
quadriceps

Muscular Endurance  
barbell  
Liverpool  
Mo Salah

pulse raiser  
pectorals  
agility  
latissimus dorsi