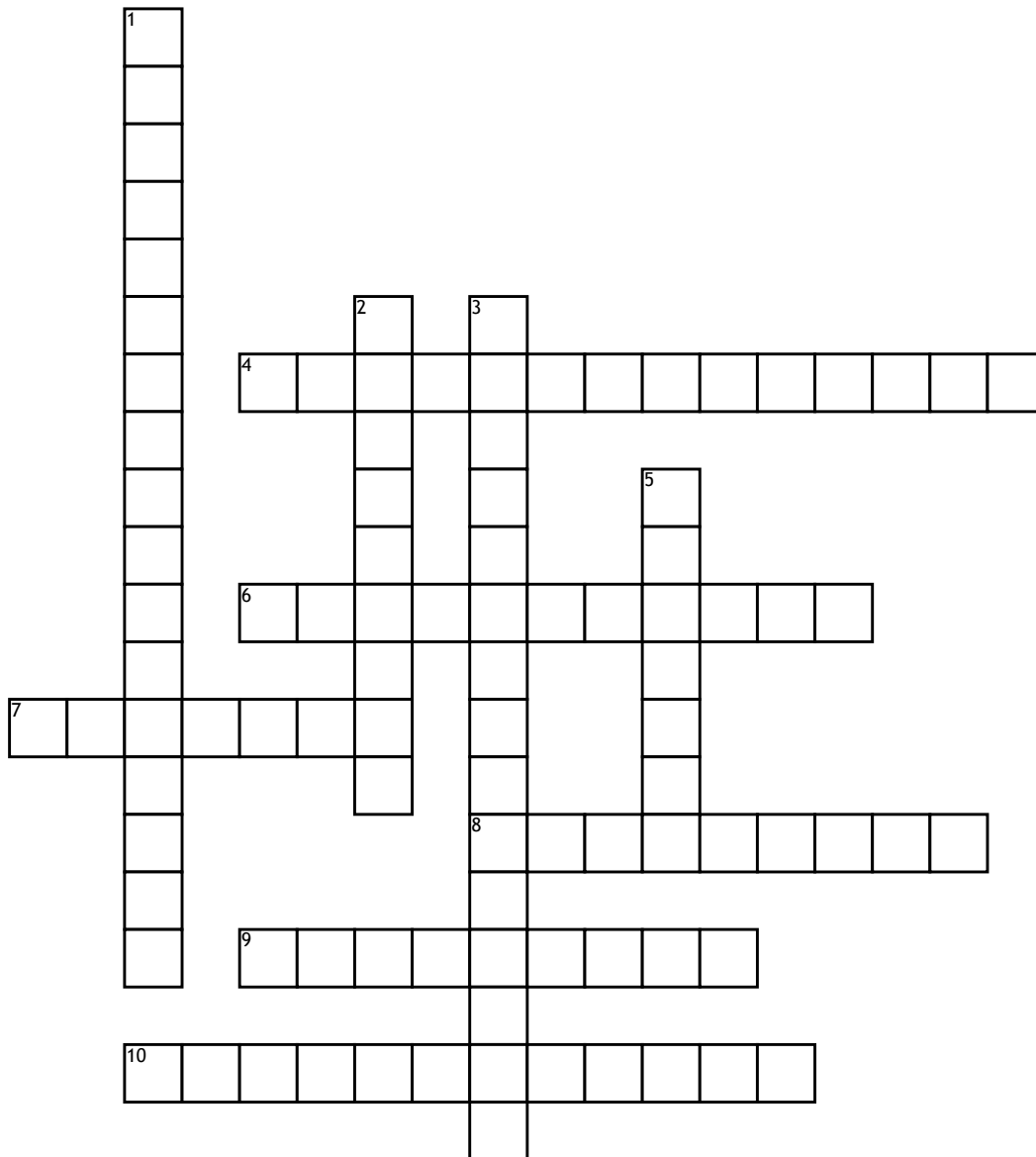


Name: _____

Training Methods



Across

- 4. Relating to the heart and blood vessels.
- 6. The capacity of a joint or muscle to move through its full range of motion, or bend easily without breaking.
- 7. Sustained exercise that stimulates and strengthens the heart and lungs and improves the body's use of oxygen.
- 8. Continuously working at medium to high intensity where oxygen demand surpasses oxygen supply and you feel a burning sensation in your muscles.
- 9. The level at which you train
- 10. The ability to move two or more body parts under control, smoothly and efficiently.

Down

- 1. The ability of a muscle or group of muscles to repeatedly exert force against resistance.
- 2. The rate at which something occurs over a particular period of time.
- 3. A form of training targeting strength building and muscular endurance by completing a circuit of different stations or pieces of equipment.
- 5. The ability to stay upright or stay in control of body movement with even distribution.