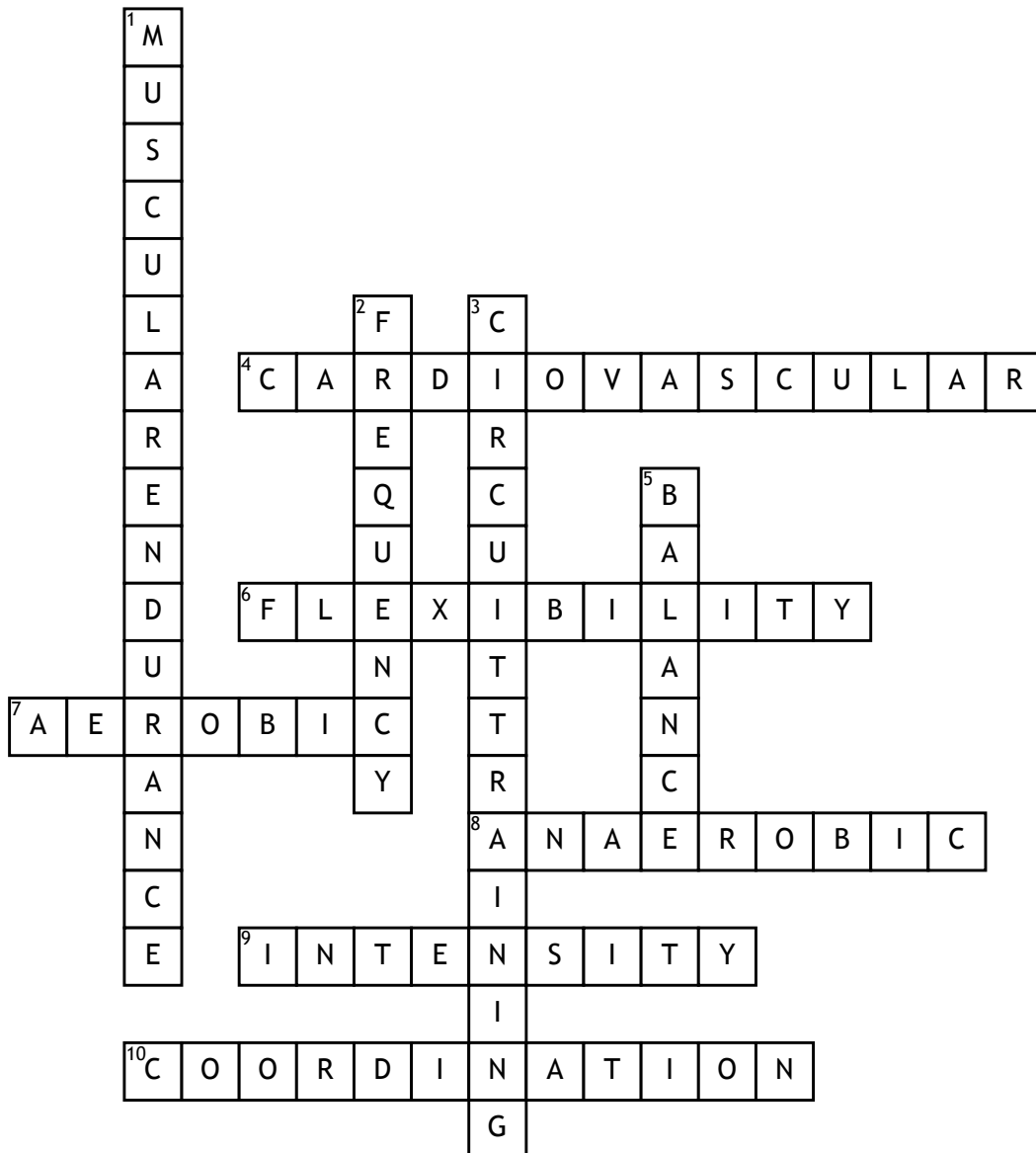


Name: _____

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.