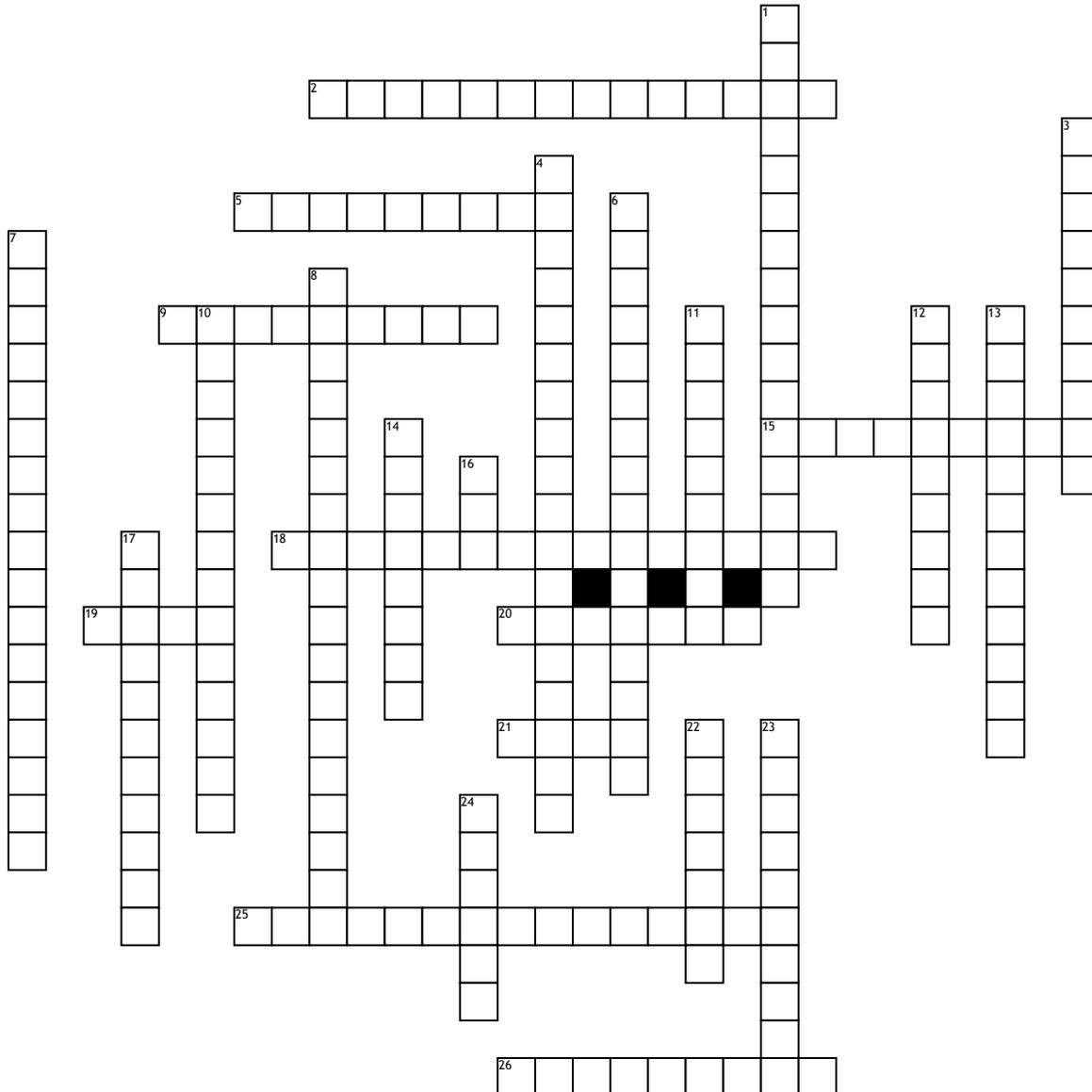


# Aerobics & Body Conditioning Vocabulary



## Across

2. a measure of the amount of times the heart beats in a minute  
 5. a measure of the amount of time the heart beats during an activity  
 9. a muscle action in which the muscle lengthens  
 15. a muscle action by which tension is created without lengthening or shortening the muscle  
 18. type of training that involves body conditioning within a series of prescribed exercises  
 19. the number of times a particular exercise is performed in a set  
 20. A Swedish word that means a training method in which pace is variable and the last runner in line sprints to the front of the line.  
 21. The acronym for Frequency, Intensity, Time, and Type

25. a component of fitness that measures the amount of fat to lean muscle  
 26. the capacity of a muscle to withstand repeated contractions

## Down

1. a training method by which an athlete will vary speed and intensity of an exercise to affect heart rate  
 3. A type of exercise that raises heart rate quickly and is difficult to sustain for longer than a few seconds  
 4. a method of training by which resistance (in the form of weights, bands, tubes, or body weight) is used to build muscle  
 6. 220-your age is how to calculate this:  
 7. relating to the heart and lungs  
 8. the level of exercise intensity at which lactic acid builds up in the muscle tissue faster than it can be cleared away.  
 10. relating to the circulatory system of the heart, lungs, and vessels

11. The capacity of the heart and lungs to sustain aerobic exercise  
 12. without oxygen, such as high-intensity interval training (HIIT)  
 13. An unsafe training method that ignores rest and variability and results in illness and injury  
 14. Major source of energy stored as glucose in the body  
 16. A clinical measure of body fat based on height and weight in males and females  
 17. a component of fitness that measures the suppleness/elasticity of muscle  
 22. Exercise that uses oxygen and strengthens the cardiovascular system  
 23. muscle action in which the muscle shortens or contracts  
 24. a measure of maximum ventilatory capacity that can be positively affected by aerobic training