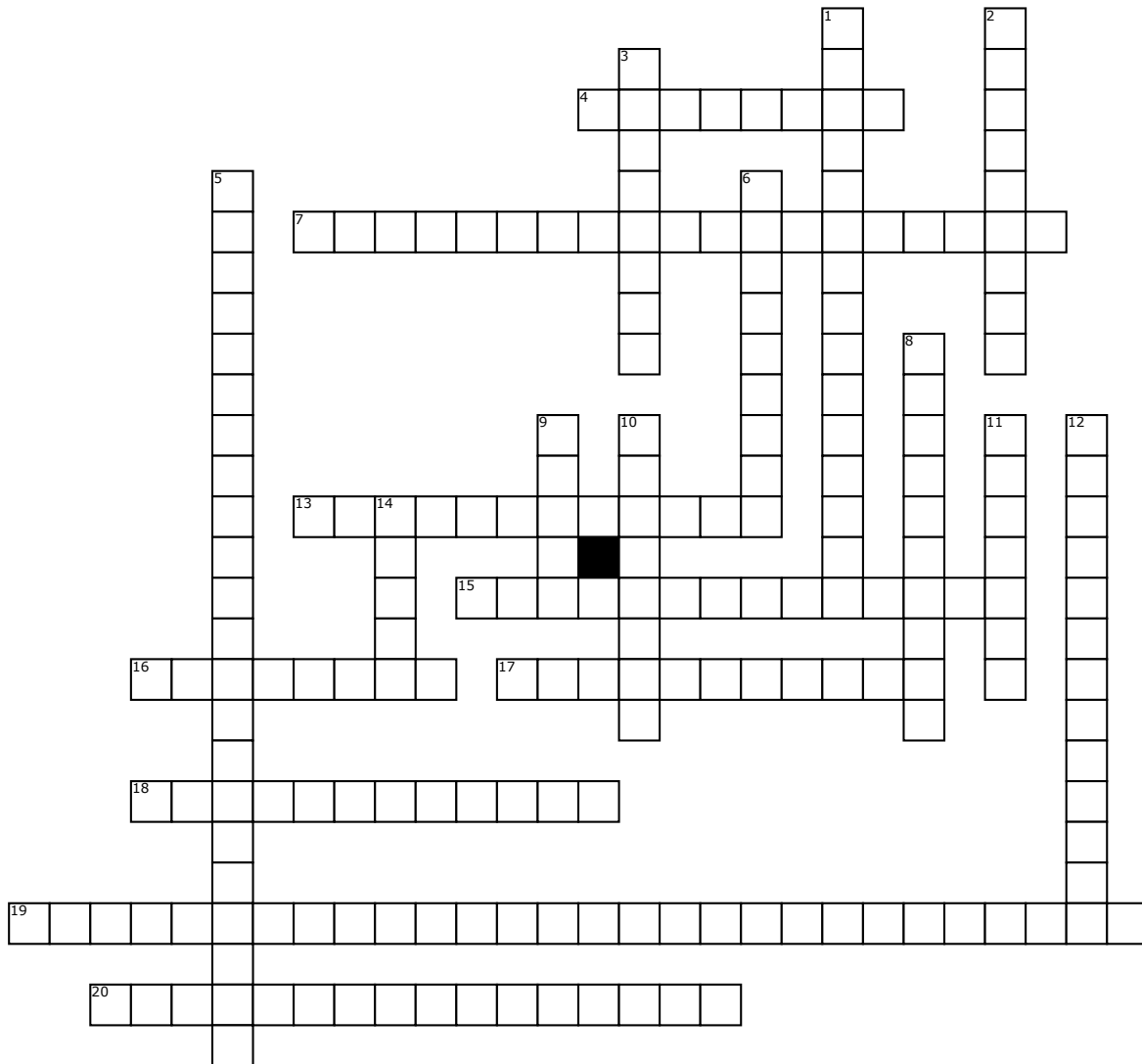


CKC Crossword



Across

- 4.** Training a number of major muscle groups
7. Provides functional movement patters in
13. Triple Extension
15. Slow strength lifts are performed with
16. Kettlebell training is used by
17. Keep Full tension at all times
18. Always keep your keys on the Kettlebell

19. Relaxation

20. Tension is

Down

- 1.** Movement fundamental in Speed
2. Using a great deal of body tension
3. It allows you to lift a heavier weight
5. Kettlebell training improves
6. Uses the elastic principle of muscle

8. Employs high acceleration

9. Starts in the rack position

10. Stagger feet at 45 degrees

11. Enhances and athletes movement efficiency

12. Point at which muscle fatigue cannot overcome resistance

14. Effective training tool to improve