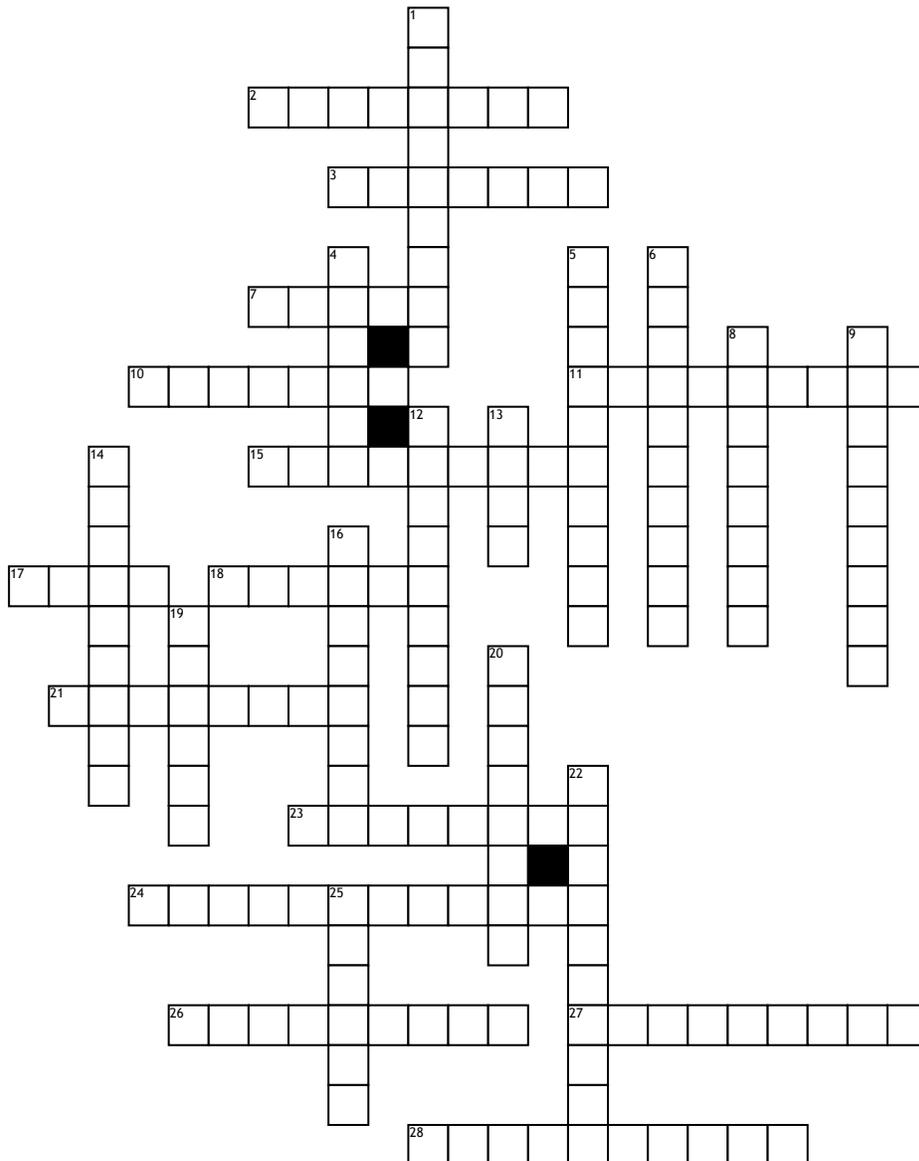


# CPT



## Across

2. An imaginary line dividing the body into right and left halves.  
 3. Stretching with movement  
 7. A place where two or more bones meet  
 10. Prime mover in a shoulder press  
 11. Living a lifestyle with limited physical activity  
 15. Towards the back of the body  
 17. How many kcals are in one gram of protein?  
 18. The V in the FITT-VP principle  
 21. a tissue that holds bones together  
 23. Towards the feet

24. High blood pressure

26. Movement away from the midline  
 27. Lengthening of the muscle fibers through contraction  
 28. Shortening of the muscle fibers through contraction

## Down

1. The I in the FITT principle stands for?  
 4. Another name for fats  
 5. Limited flexibility of this muscle group increases the risk of lower back pain.  
 6. Anterior thigh muscle  
 8. Towards the front of the body  
 9. In the FITT principle F stands for?

12. Flexion in terms of joint movement, \_\_\_\_\_ joint angle.

13. Amount of kcals per one gram of fat  
 14. Movement of a lever towards the body  
 16. The following components of exercise work inversely together, intensity and \_\_\_\_\_.  
 19. Stretching without movement  
 20. The S in SMART Goals  
 22. Horizontal plane diving the body into upper and lower portions  
 25. Antagonist in a bicep curl