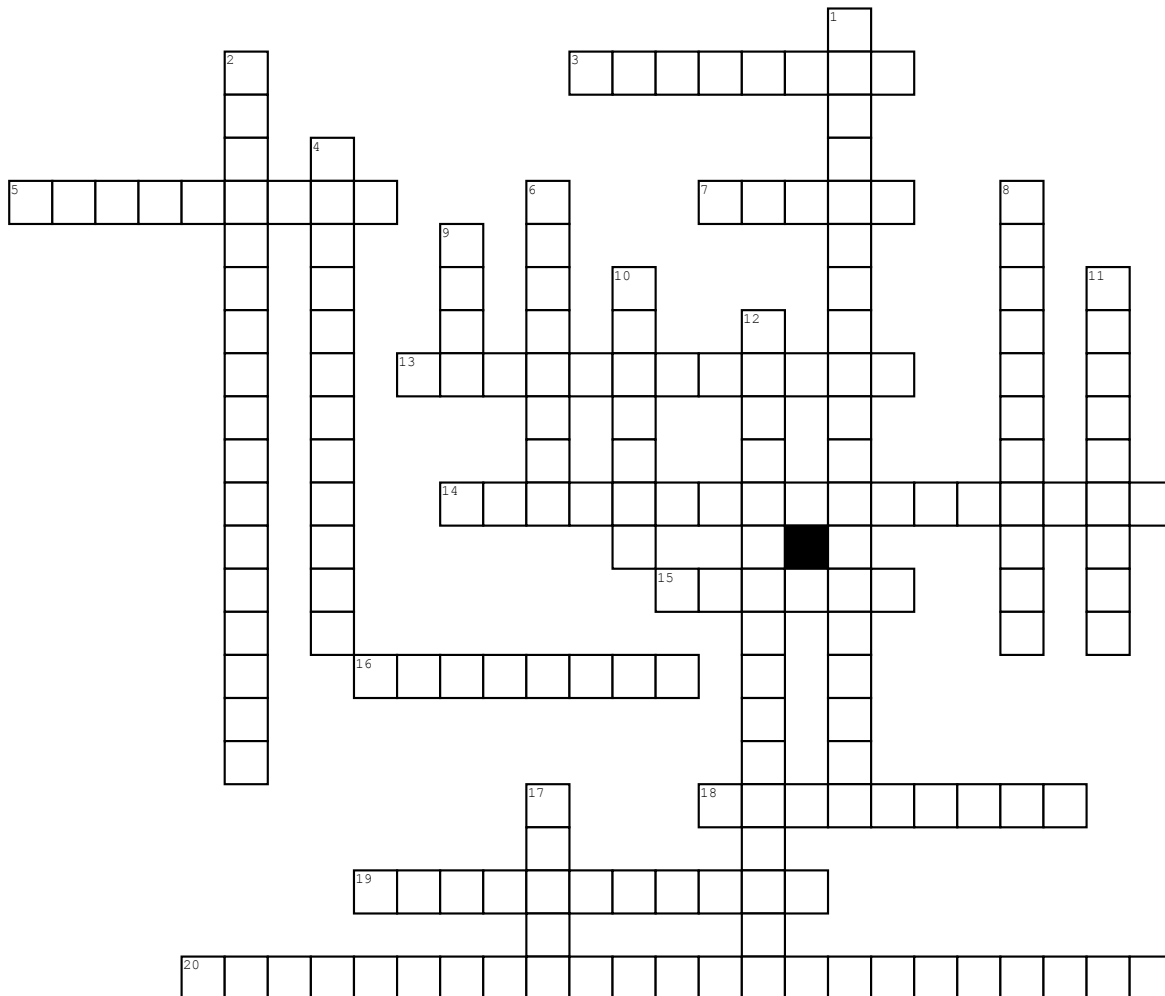


Name: _____ Date: _____

CV Endurance/Training Principles



Across

3. Doing more than your body is used to.
5. Exercise that is short and requires fast, quick bursts of energy.
7. Fitness Test used to measure cardiovascular endurance.
13. 220 - your age equals what?
14. Body system that supplies oxygen to the blood stream and eliminates carbon dioxide.
15. Which type of fitness components are more important- Health or Skill?
16. Doing this after a workout prevents blood from pooling in your muscles.
18. How hard you exercise.

19. Choosing the right activity for the component you are trying to improve

20. The ability of the heart, blood vessels and lungs to deliver oxygen to your muscles.

Down

1. The range in which you should exercise to improve your cardiovascular endurance (60-80% of your heart rate max)
2. Your heart rate after exercise, which drops to around 100 beats per minute.
4. These particles carry cholesterol throughout the blood stream (high and low density)

6. Blood vessels that carry oxygenated blood throughout the body.

8. Gradually increasing the intensity of your workout over time.

9. How long your workout lasts.

10. Exercise that is constant for a long period of time and requires a continuous supply of oxygen

11. How often you exercise

12. Device that measures your intensity level during cardiovascular endurance workouts.

17. Blood vessels that carry de-oxygenated blood back to the heart.