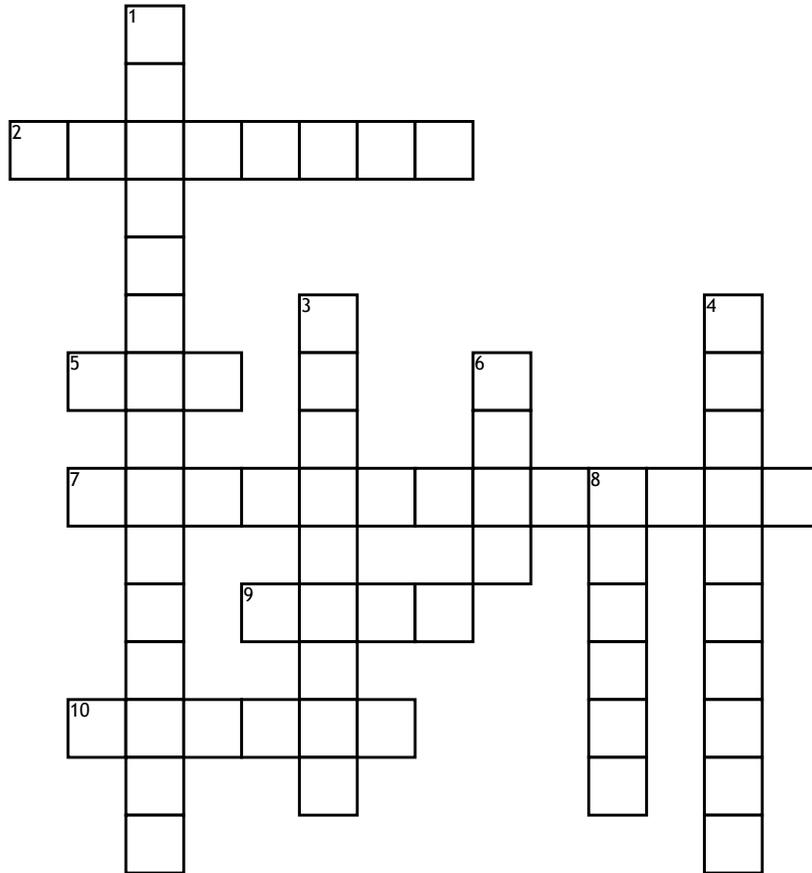


Champion Challenge Puzzle



Across

- 2. the maximum amount of force that a muscle can exert against some form of resistance in a single effort.
- 5. resting heart rate
- 7. ROM
- 9. a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body,
- 10. relating to the action of both heart and lungs

Down

- 1. THR
- 3. produce energy without oxygen
- 4. a type of exercise that trains muscles to produce power
- 6. body part
- 8. a form of high-intensity physical training with very short periods of extremely demanding activity are alternated with shorter periods of rest,