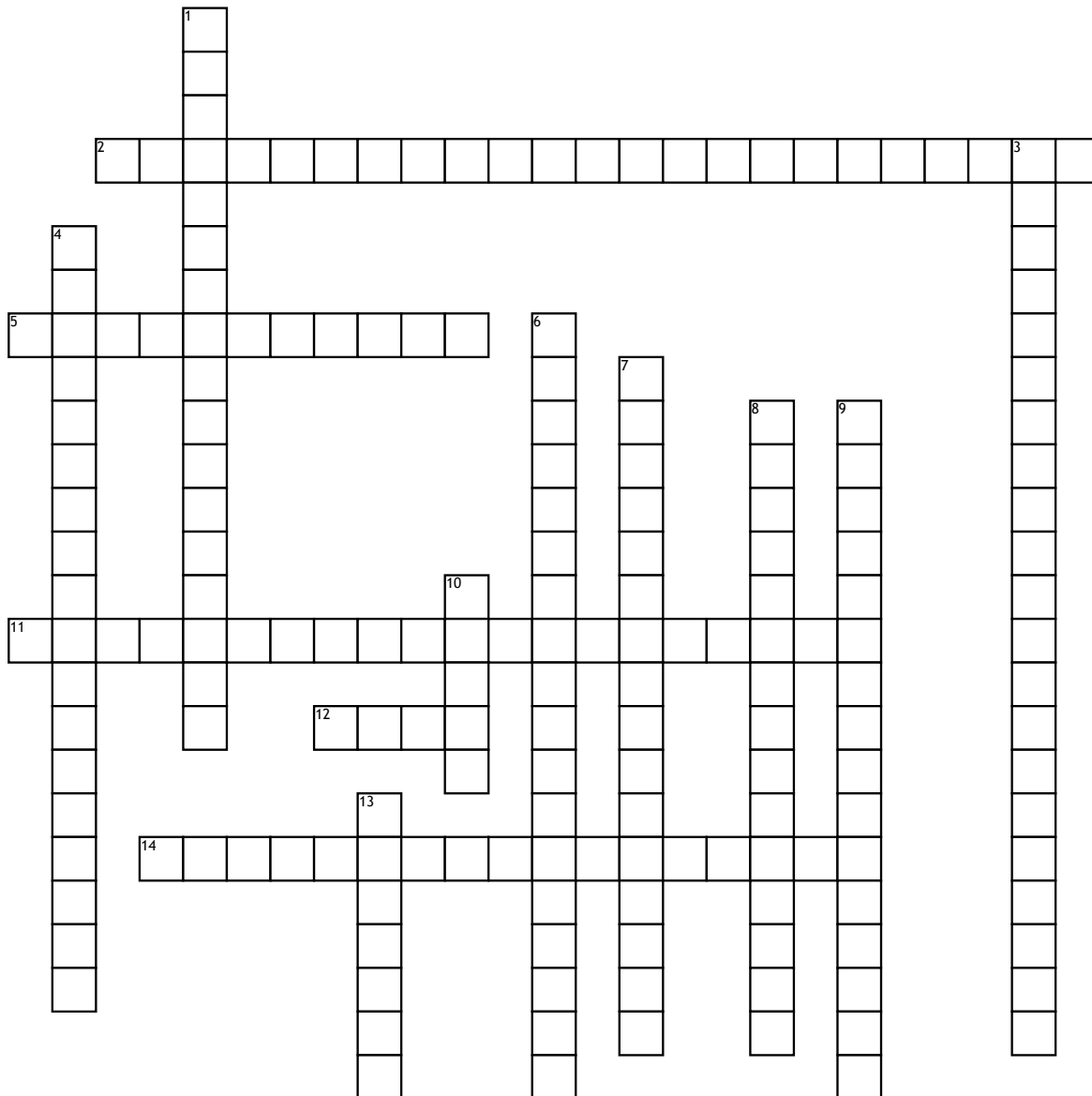


# Chapter 4 Crossword



## Across

2. Change in resistance at different points in the range.  
 5. Enlargement of a muscle caused by an increase in the size of its cells in response to training.  
 11. The muscle lengthens while contracting against resistance.  
 12. Muscles of the lumbar spine, abdomen, hips, and pelvis.  
 14. Contracts the muscle statically without changing its length.

## Down

1. The ability to perform repetitive muscular contractions against some resistance.  
 3. The muscle shortens while contracting against resistance.  
 4. Type of exercise that takes advantage of the stretch-shortening cycle.  
 6. Exercise at a fixed velocity of movement with accommodating resistance.  
 7. The maximum force that can be applied by a muscle during a single maximum contraction.

8. Exercise stations that consist of various combinations of weight training, flexibility, calisthenics, and aerobic exercises.  
 9. Shortens and lengthens the muscle through a complete range of motion.  
 10. The ability to generate force rapidly.  
 13. Enlargement of a muscle caused by an increase in the size of its cells in response to training.