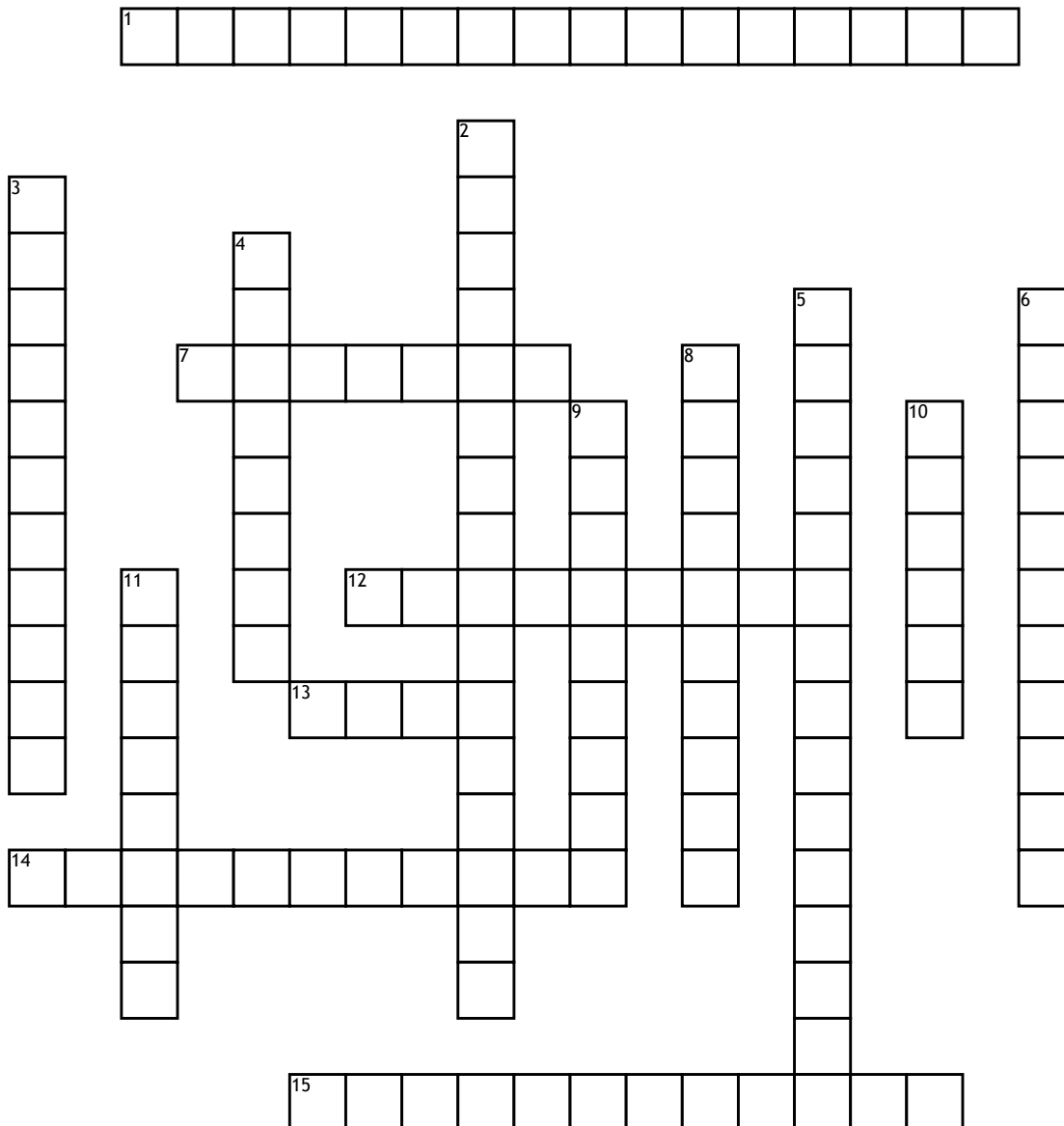


Chapter 4 Vocabulary



Across

- 1. the amount of force a muscle can exert
- 7. Type of exercise that uses large muscle groups and lasts for 20-30 minutes
- 12. type of exercise that involves short bursts of energy
- 13. Frequency Intensity Time Type
- 14. gradual increase in overload necessary to achieve higher levels of fitness
- 15. a condition characterized as a decrease in bone density

Down

- 2. any form of movement that causes the body use energy
- 3. particular exercises and activities improve particular areas of health related fitness
- 4. working the body harder than it is usually worked.
- 5. the ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands

- 6. the ability to move a body part through a full range of motion
- 8. is the process by which your body gets energy from food
- 9. taking in fluids to the body so it functions properly
- 10. an activity that prepares muscles for work
- 11. an activity that prepares the muscles to return to a resting state