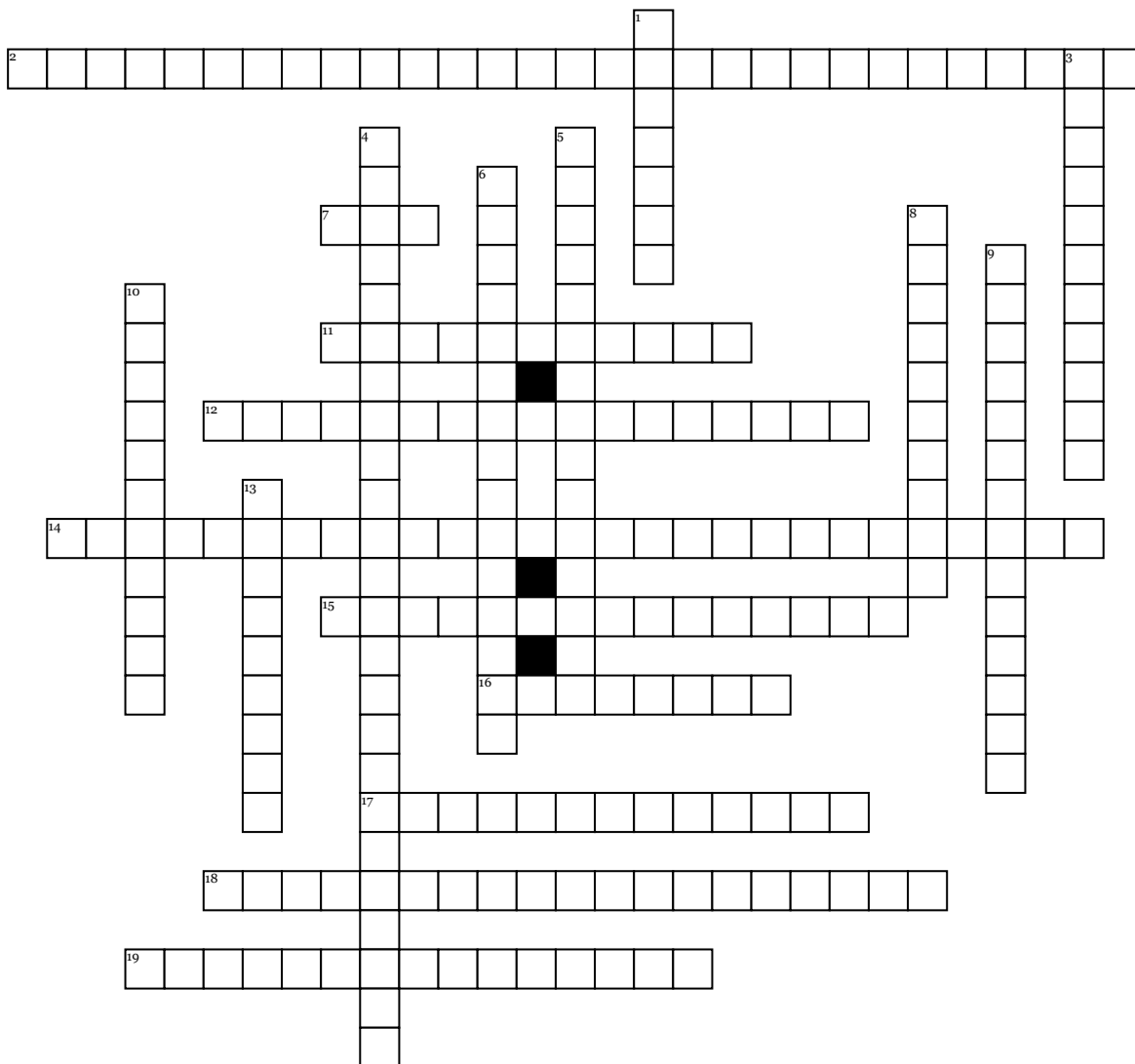


# Chapter 7



## Across

**2.** a type of training in which muscles are worked until they reach their capacity.

**7.** A combination of relaxing and contracting of muscles.

**11.** the ability of a joint to move freely through its full range of motion.

**12.** an activity that causes tension in the muscles to increase but does not cause the muscle to shorten

**14.** an activity that puts an increased demand on the lungs and heart.

**15.** fiber in a motor unit that produces quick and forceful contractions.

**16.** progressive overwork of muscles

**17.** the process of muscle atrophy due to disease, mobilization, or starvation.

**18.** a rhythmical, bouncing action that stretches muscles a little further each time.

**19.** Fiber in a motor unit that requires a long period of time to generate force.

## Down

**1.** weakness and wasting away of muscle tissue.

**3.** the ability of muscle groups to respond to targeted training of those specific muscles.

**4.** a form of dynamic exercise accomplished and requires a training partner

**5.** an activity that causes the muscle to contract and shorten

**6.** trying to prevent injuries before they occur to enable a return to competition.

**8.** the systematic application of exercise stress sufficient to simulate muscle fatigue.

**9.** The process of restoring function through programmed exercise, to enable a return to competition.

**10.** an increase in the size of muscle tissue

**13.** s made up of a motor neuron and the skeletal muscle fibers innervated by that motor neuron's axonal terminals