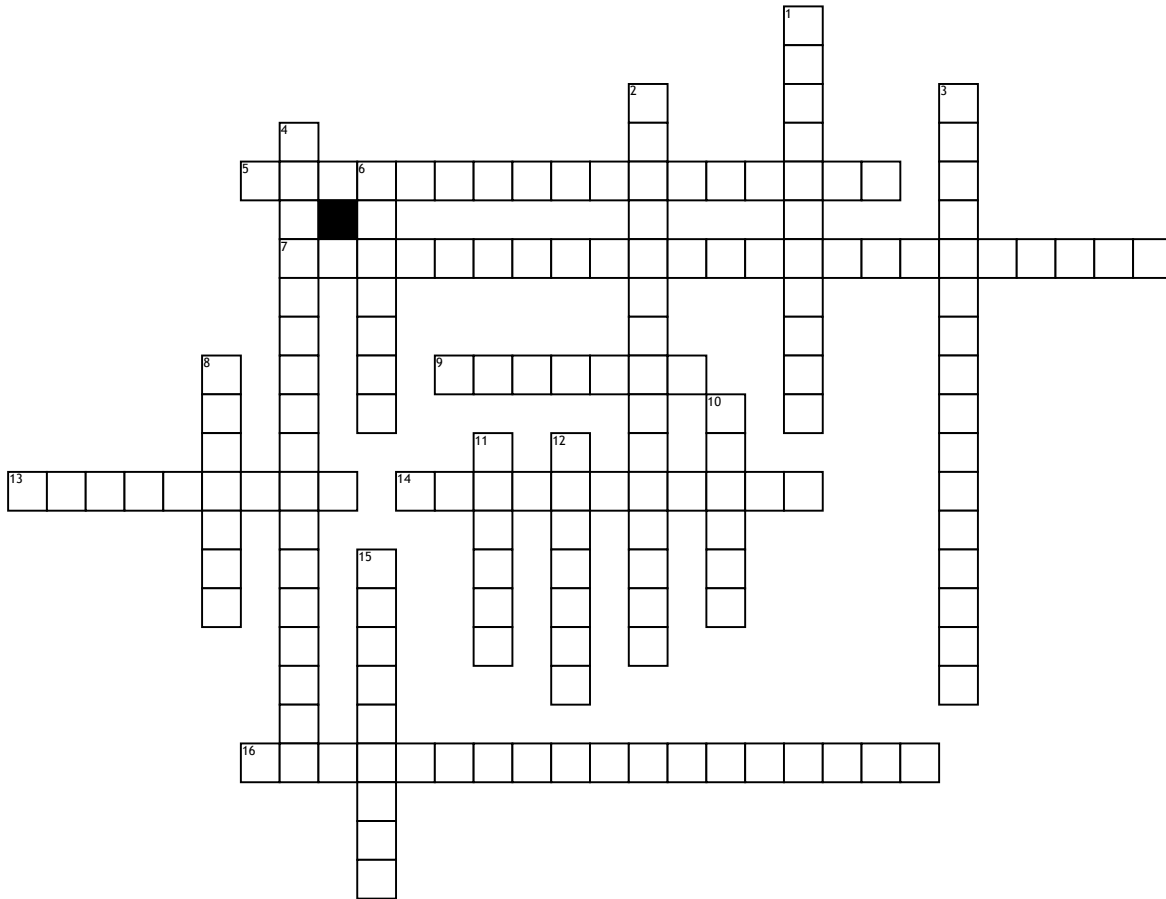


Name: _____

Date: _____

Cross



Across

5. the ability or strength to continue or last, especially despite fatigue

7. the ability of the heart and lungs to supply oxygen-rich blood to the working muscle tissues

9. Lifting your body using your hands

13. a constituent part; element; ingredient.

14. capable of being bent, usually without breaking; easily bent:

16. Chart that represents levels of fitness

Down

1. Reaching to your toes while sitting down

2. manner of being composed; structure

3. being strong; bodily or muscular power; vigor.

4. the ability or strength to continue or last, especially despite fatigue

6. Lifting your upper body while lying down

8. capability of the body of distributing inhaled oxygen to muscle tissue during increased physical effort.

10. How tall you are

11. How heavy you are

12. Running a mile

15. Lifting up your head while lying down