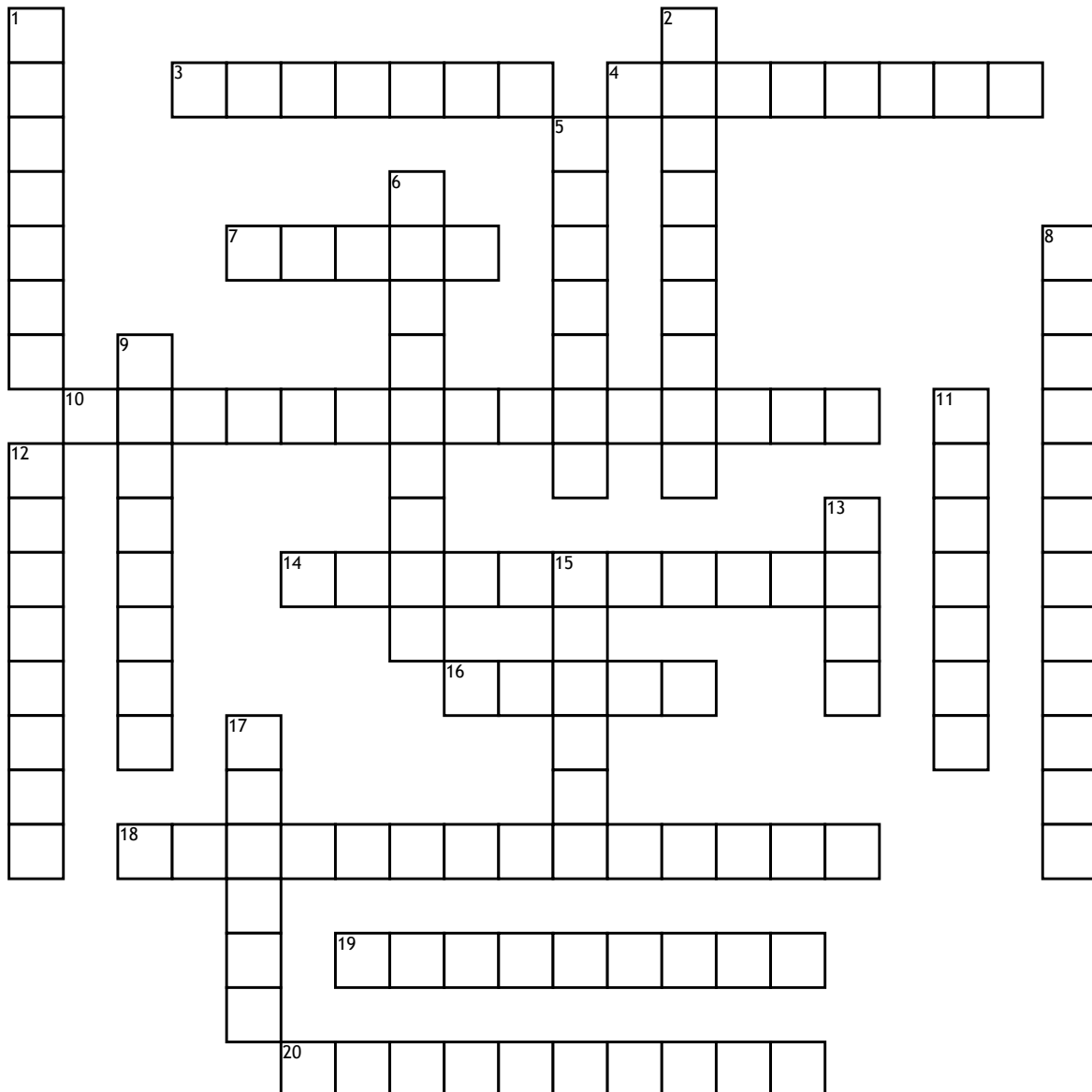


Name: _____

Date: _____

Crossword: Fitness



Across

- 3. Type of training which includes frequent changes of intensity without including rests
- 4. This training involves alternate periods of high and low intensity exercises
- 7. The ability to exert maximal strength
- 10. The percentage of water, bone, fat and muscle in our body
- 14. The ability to fully move a range of joints without breaking any bones
- 16. A skill an athlete would need to win 50m sprint
- 18. The ability of the heart, lung and blood vessels to deliver oxygen to the body tissues is known as what kind of endurance

- 19. How often you do a certain exercise
- 20. It is good to do this before and after any physical activity

Down

- 1. A type of training that has a range of exercises that target different body areas
- 2. The amount of force/strength used when training
- 5. The state of being physically fit and healthy
- 6. A device used to measure the amount of steps taken
- 8. The amount of time taken to respond when a ball is thrown towards you
- 9. To physically allow the body to return to its normal state after exercise
- 11. A skill that would benefit a gymnast

- 12. The ability to move your body or an object repetitively without getting tired
- 13. What can I do to my exercise if I find running in the park to repetitive and boring
- 15. You should include these between your daily exercises
- 17. It is good to _____ before running a marathon