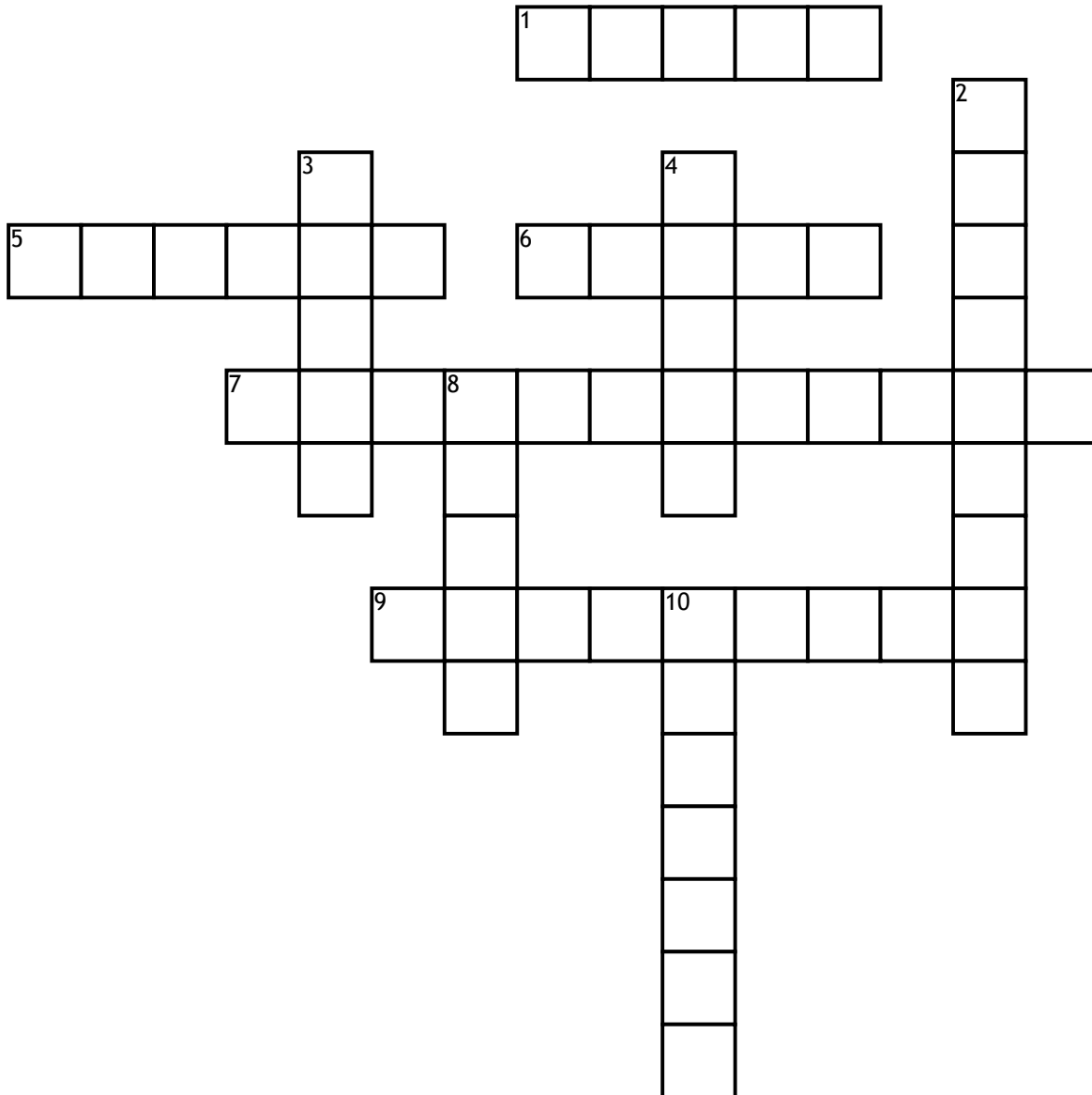


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# FITNESS CROSSWORD



## Across

1. Being \_\_\_\_\_ is being able to change your direction and speed when travelling quickly and efficiently
5. Benefits of cardiovascular fitness include faster removal of waste products (\_\_\_\_\_ acid)
6. a \_\_\_\_\_ is a lower body exercise. It works on quadriceps and glutes
7. \_\_\_\_\_ is an exercise that can improve cardiovascular fitness. You will look like a star for part of this exercise, with your arms and legs straight out from your body.
9. Muscular \_\_\_\_\_ is the ability of a muscle to make repeated contractions over a period of time

## Down

2. \_\_\_\_\_ can be done on the spot and is an exercise used to improve cardiovascular fitness. It involves bending knees one at a time to 90 degrees as quick as possible.
3. a \_\_\_\_\_ is an abdominal exercise. You start on your back and bend your knees
4. a \_\_\_\_\_ can be done forwards, backwards or sideways. It involves bending the front and back leg. It focuses on your quadriceps, glutes and hamstrings
8. a \_\_\_\_\_ works your abdominal muscles. For it to be effective you must stay as still as possible for as long as possible
10. Flexibility \_\_\_\_\_ the risk of injury in sports