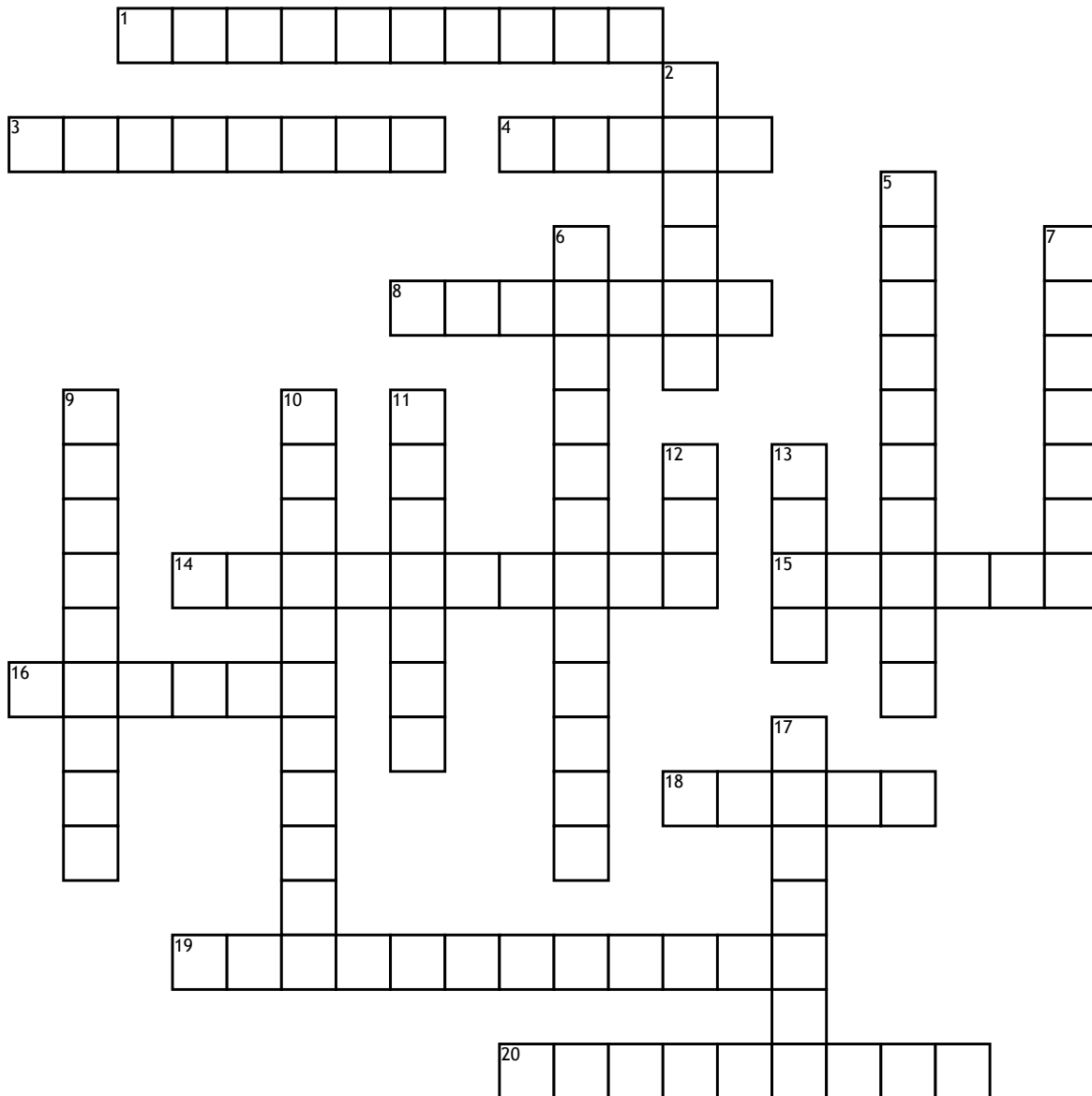


Fitness Center Review



Across

1. An exercise that involves more than one joint
3. Gradually increasing intensity over time in order to improve muscular strength
4. The lower end of your target heart rate zone should be _____% of your max
8. Activity done at low intensity for a long period of time; with oxygen
14. The upper end of your target heart rate zone should be _____% of your max
15. This safety equipment must be used when doing a barbell exercise

16. The measurement of "how much" exercise is performed
 18. Multi Joint exercises will strengthen how many primary muscles?
 19. This single joint dumbbell exercise strengthens your deltoid
 20. This is measured by the amount of weight used during weight training
- ## Down
2. This type of stretching should be done at the end of the workout
 5. The muscles in your chest are your _____ muscles
 6. The 2nd stage of a workout

7. When performing a dumbbell shoulder press you should have a _____.
9. Activity done at high intensity for a short period of time; no oxygen
10. An exercise that involves primary muscle action at only one joint
11. The muscle in your shoulder is called your _____
12. 220 minus your _____ = maximum heart rate
13. Your latissimus dorsi muscle is located on what part of your body?
17. The dumbbell shoulder press strengthens your anterior deltoids, pectoralis, and your _____