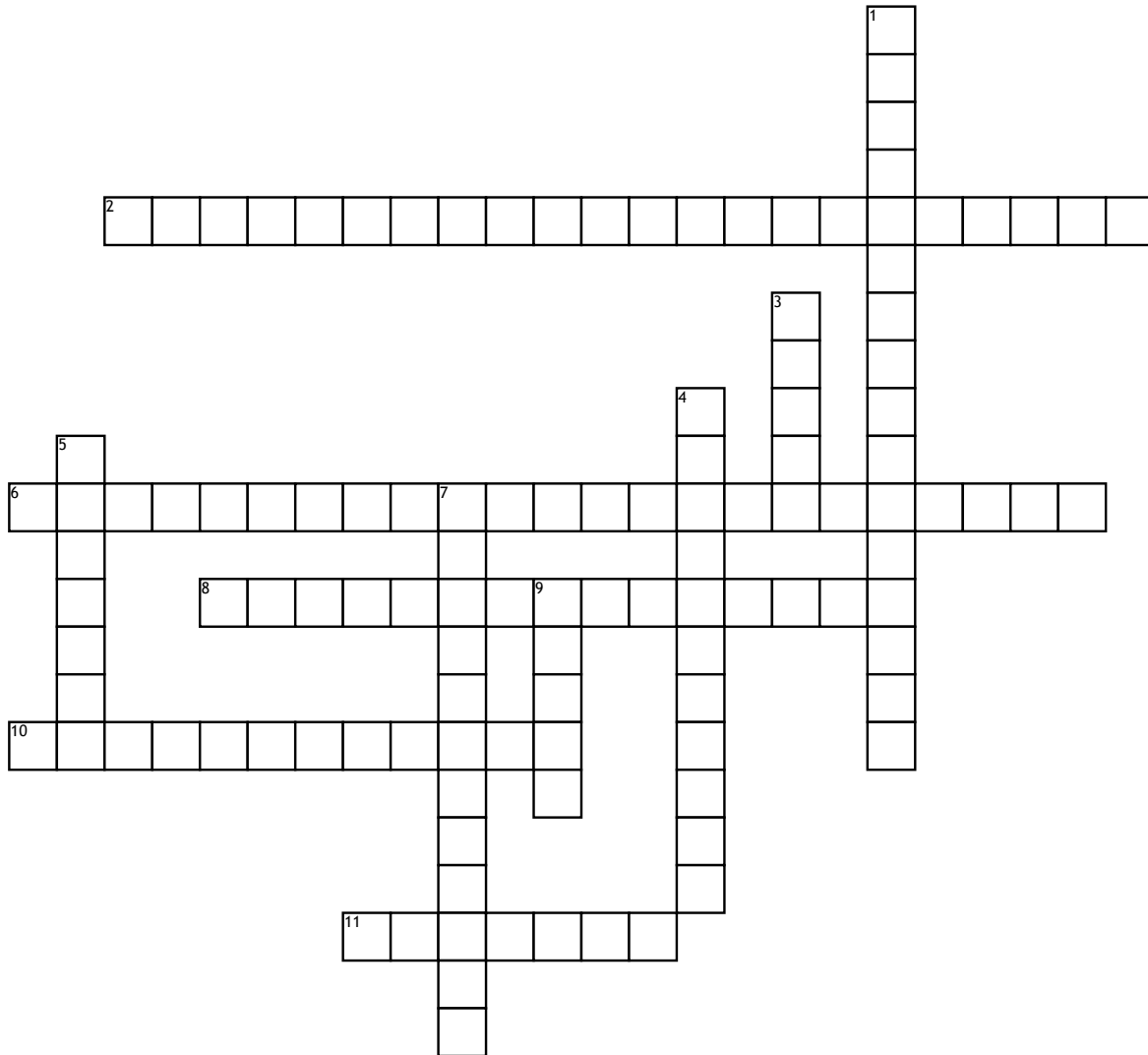


Fitness Components



Across

- 2. One muscles ability to perform continuous work.
- 6. The ability of the heart to send out blood to different muscles and their ability to use the blood.
- 8. Measuring the amount of fat, bone and muscle to determine the percentage of body weight that is made up of fat.
- 10. The amount of time to respond to a stimulus.
- 11. Its fitness test is known as the T-test

Down

- 1. The extent to which muscles exert force by contracting against resistance.
- 3. Perform a quick movement or movements.
- 4. Its fitness test is known as sit and reach
- 5. Ability to control the body's position.
- 7. Using a variety of fitness components to achieve effective movements.
- 9. The ability to use maximum muscular contraction instantly in a burst of movements.