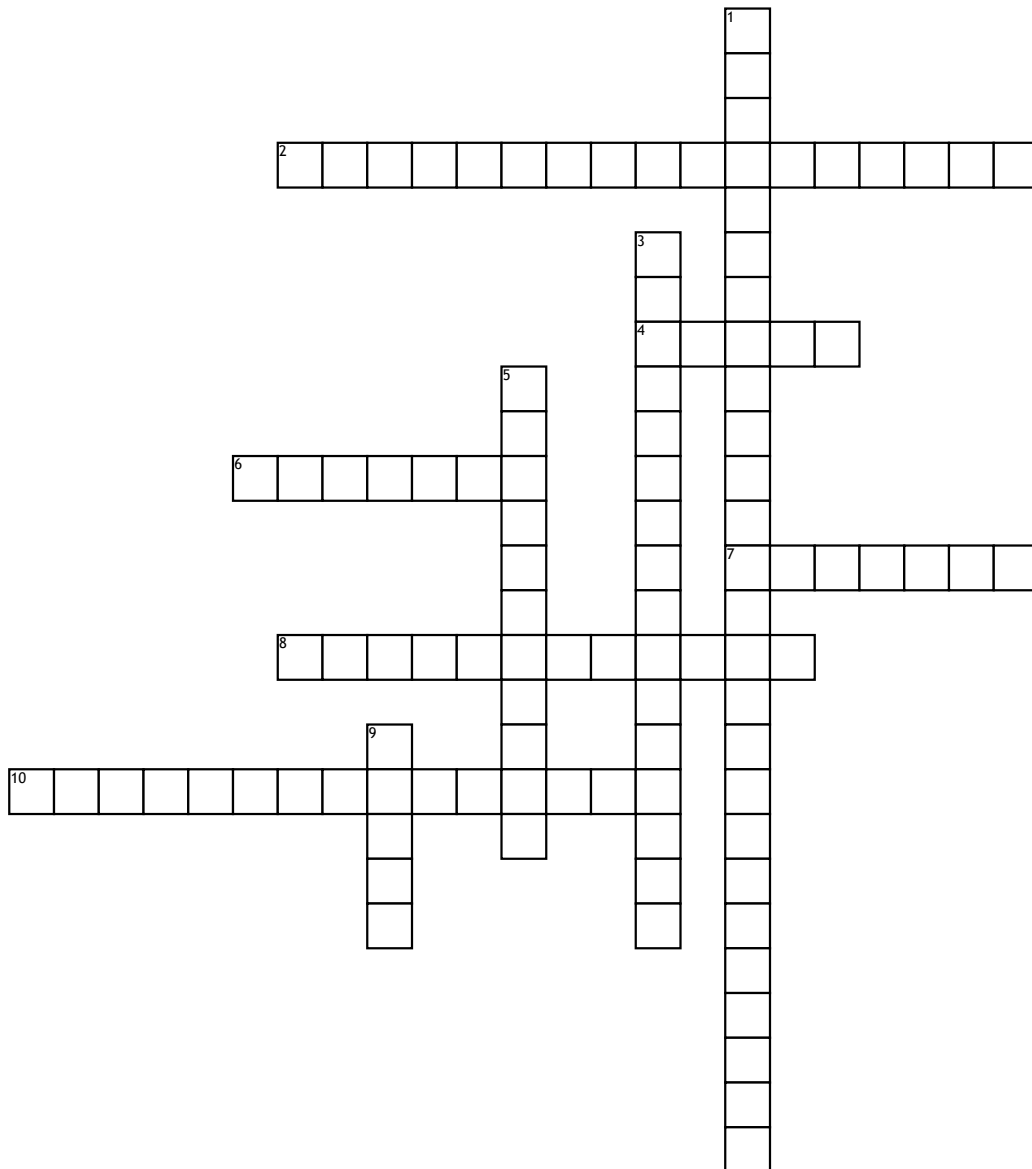


Name: _____ Date: _____

Fitness Crossword Puzzle



Across

- 2. the ability to apply strength over a period of time
- 4. Differential rate at which an individual is able to perform a movement or cover a distance
- 6. the ability to maintain a given posture (position) and a static (stationary) and dynamic (moving) situation to be able to stay level and stable
- 7. the ability to move quickly change direction and speed when possible
- 8. it is the ability to use two or more body parts together

- 10. the percentages of fat, bone, and muscle in the body

Down

- 1. the ability of the heart, lungs, and blood vessels to function efficiently at rest and during long periods of physical activity
- 3. the ability of a muscle to exert force at one time
- 5. the ability to bend joints and stretch muscles through a full range of motion
- 9. the ability to use strength at speed (strength X speed)