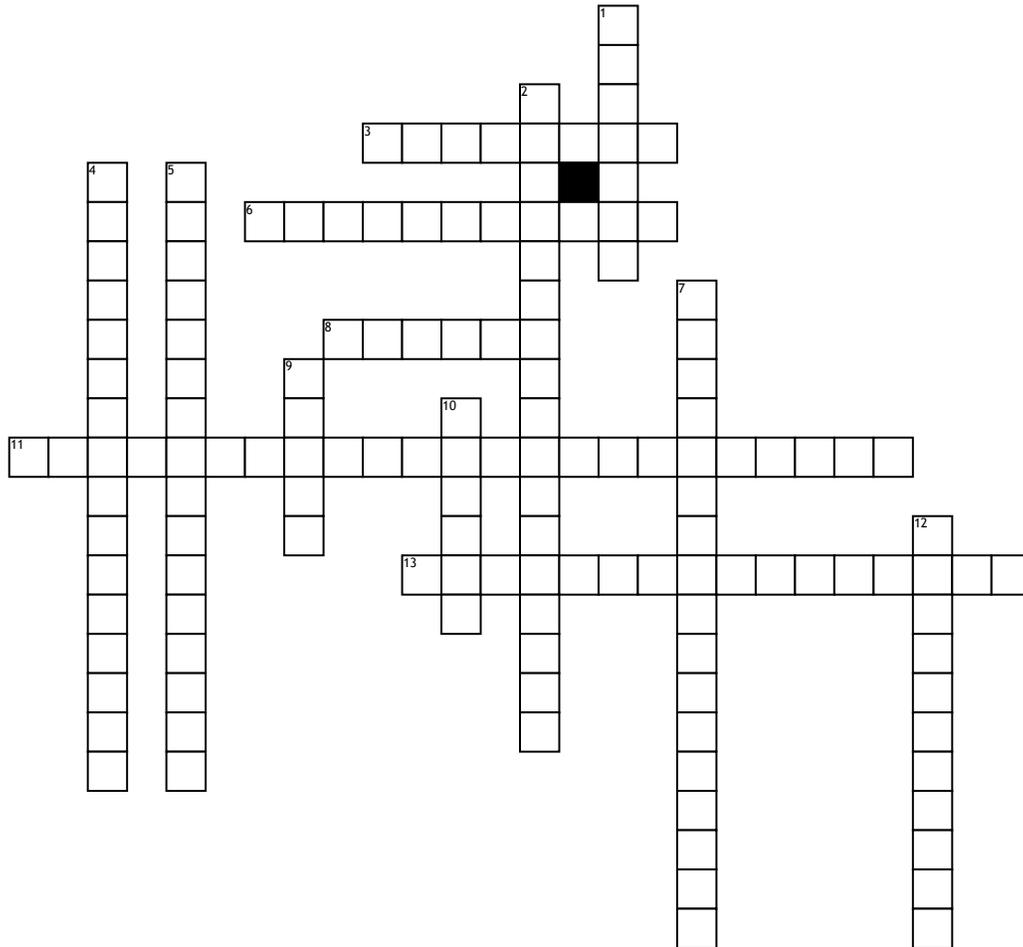


"Fitness Management" Crossword



Across

3. a muscle whose contraction extends or straightens a limb or other part of the body.
 6. the enlargement of an organ or tissue from the increase in size of its cells.
 8. a part of one's body or oneself
 11. Cardiovascular endurance is the ability of the heart, lungs and blood vessels to deliver oxygen to your body tissues. The more efficiently your body delivers oxygen to its tissues
 13. muscle whose action is normally controlled by an individual's will

Word Bank

voluntary muscles
 flexor
 cardiovascular endurance
 strain
 involuntary muscle

Down

1. body tissue or an organ
 2. muscle that contracts without conscious control and found in walls of internal organs
 4. Muscular strength is defined as the ability of a muscle group to develop maximal contractile force against a resistance in a single contraction.
 5. a muscle whose action counteracts that of another specified muscle.
 7. Muscular endurance is the ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time.

cramp
 muscular endurance
 muscular strength
 antagonist muscle

9. a painful, involuntary contraction of a muscle or muscles, typically caused by fatigue or strain.
 10. a muscle whose contraction bends a limb or other part of the body
 12. the quality of bending easily without breaking.

flexibility
 atrophy
 hypertrophy
 extensor