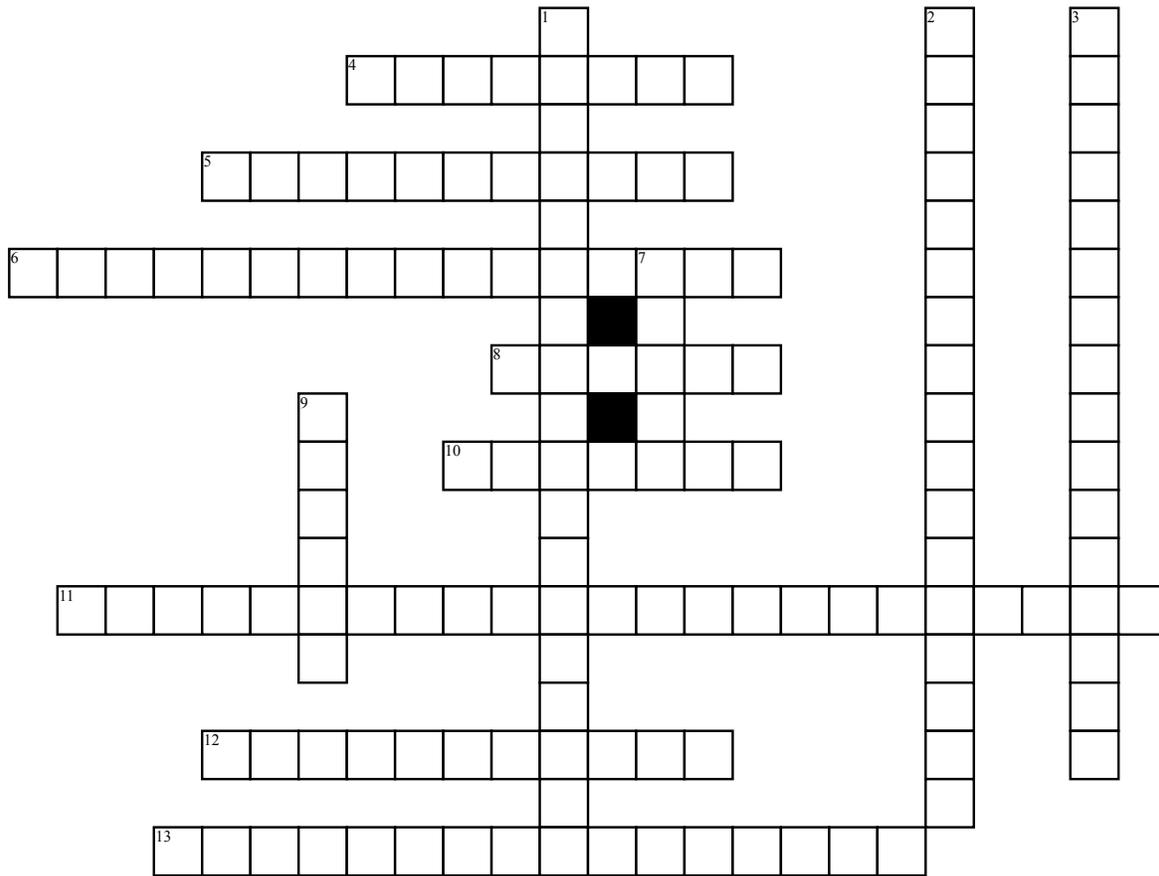


Fitness Management



Across

- 4.** a muscle whose contraction extends or straightens a limb or other part of the body
- 5.** the enlargement of an organ or tissue from the increase in size of its cells
- 6.** a muscle that opposes the action of another
- 8.** a force tending to pull or stretch something to an extreme or damaging degree

- 10.** the degeneration of cells

11. the ability of the heart, lungs and blood vessels to deliver oxygen to your body tissues

12. the quality of bending easily without breaking

13. the strongest force possible that a group of muscles can produce

Down

1. a muscle that contracts without conscious control

2. the ability of a muscle or group of muscles to sustain repeated contractions

3. muscle whose action is normally controlled by an individual's will

7. a painful, involuntary contraction of a muscle or muscles

9. a muscle whose contraction bends a limb or other part of the body