

Name: _____

Fitness Testing and Training

C R F U C S C B B K D H Y V Q Y T E I X N A I H
D D M X B G H K Y X F V W X E P Z P B S V N I L
M U R D E G T C O N C E N T R A T I O N T U R O
T S X U S P G K W A R M B D I U S O H E W A Q A
N U W T G Q N K P F Y W I J O D G M R C O E Y B
H V D G P S E G Y E T V Y V L G P V O H L O F X
S Z Y F S F R V T U I R G D O O A I J K N B R B
X M Q M G N T Q P L L S Z S L L K E S T I Q B B
W A O M S S S V J S I U E W T B D X G M Y N P E
R G D K M Q R C P P G L Y J L L N W Y O T I G C
J O D A Q B A L G G A A I C T Q Q D F T I K X I
U Z X I X A L T E R E W O P S Q A F E I L I H B
W I S N I T U K E P A S V H W G H V A V A S R O
J S B T S A C O S I T V U E R W I I V A N X V R
S U P S L E S P H N D T O I Z T Y M H T O R U E
S Y Z E J G U O A H K M X D N J C J V I S R E A
L T F I E M M D A I A E P Q C B I N B O R O F B
N B M M Z D B N M G W E L M W L K H G N E Q G N
A V Q T B P J K Z B U U A T P I P L Y B P Q U N
T P E E L S F D Z A Q R E N R T V K B H I M Y E
Y A E G J F H T S S R L S R L A Y P L U P E L W
I C K B K O H Z M M C L D X G I F E H U U F L N
G Y C T S F U R E X A S C B N M R S E A L J J E
Y X A R A L U C S A V O I D R A C C H A J Z L M

muscular strength
personality
fartlek
smoking
speed
diet

cardiovascular
motivation
agility
anxiety
drugs

concentration
interval
aerobic
power
sleep