Name: _____ Date: _____

Key Words - Types of training and components of fitness

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

Cardiovascular endurance
Continuous training
Muscular endurance
Muscular strength
Fartlek training
Circuit training
Weight training
Reaction time
Co-ordination
Flexibility
Agility
Power
Speed

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