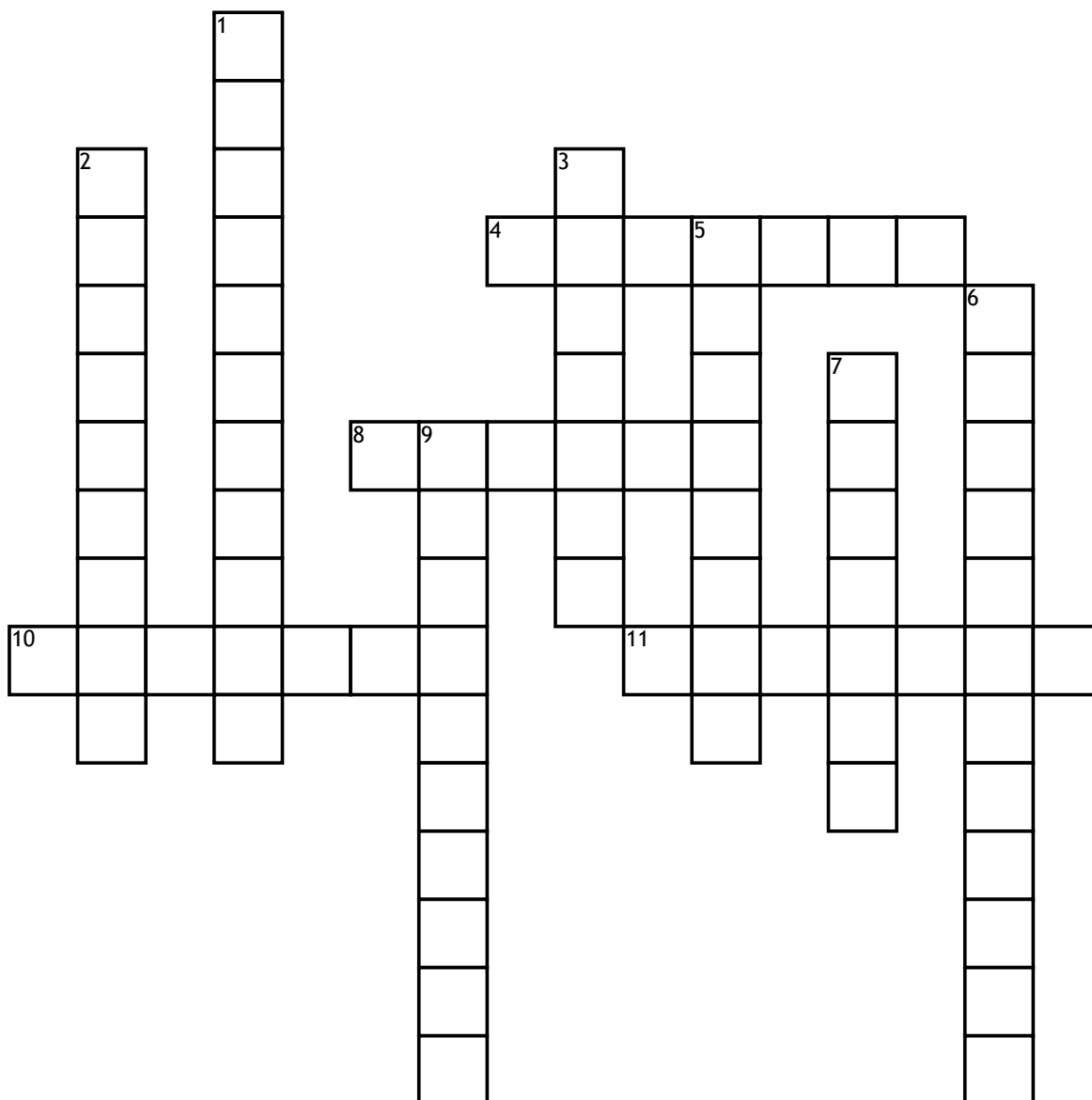


Methods of Training



Across

4. 90% load and 6 reps represents training for what type of strength? (7)

8. This type of stretching is done by a performer alone with NO equipment. (6)

10. This type of training involves moving from station to station completing different exercises. (7)

11. This type of aerobic endurance training involves varying the intensity of work. (7)

Down

1. If a performer want to improve their power they may use this type of training. (11)

2. This type of stretching involves bobbing or bouncing. (9)

3. This type of stretching involves stretching using an object or person. (7)

5. Periods of work followed by periods of rest (8)

6. A type of sprint training when speed is gradually increased. _____ sprints. (12)

7. 75% load and 12 reps represents training for what type of strength? (7)

9. A training method used to improve aerobic endurance (10)