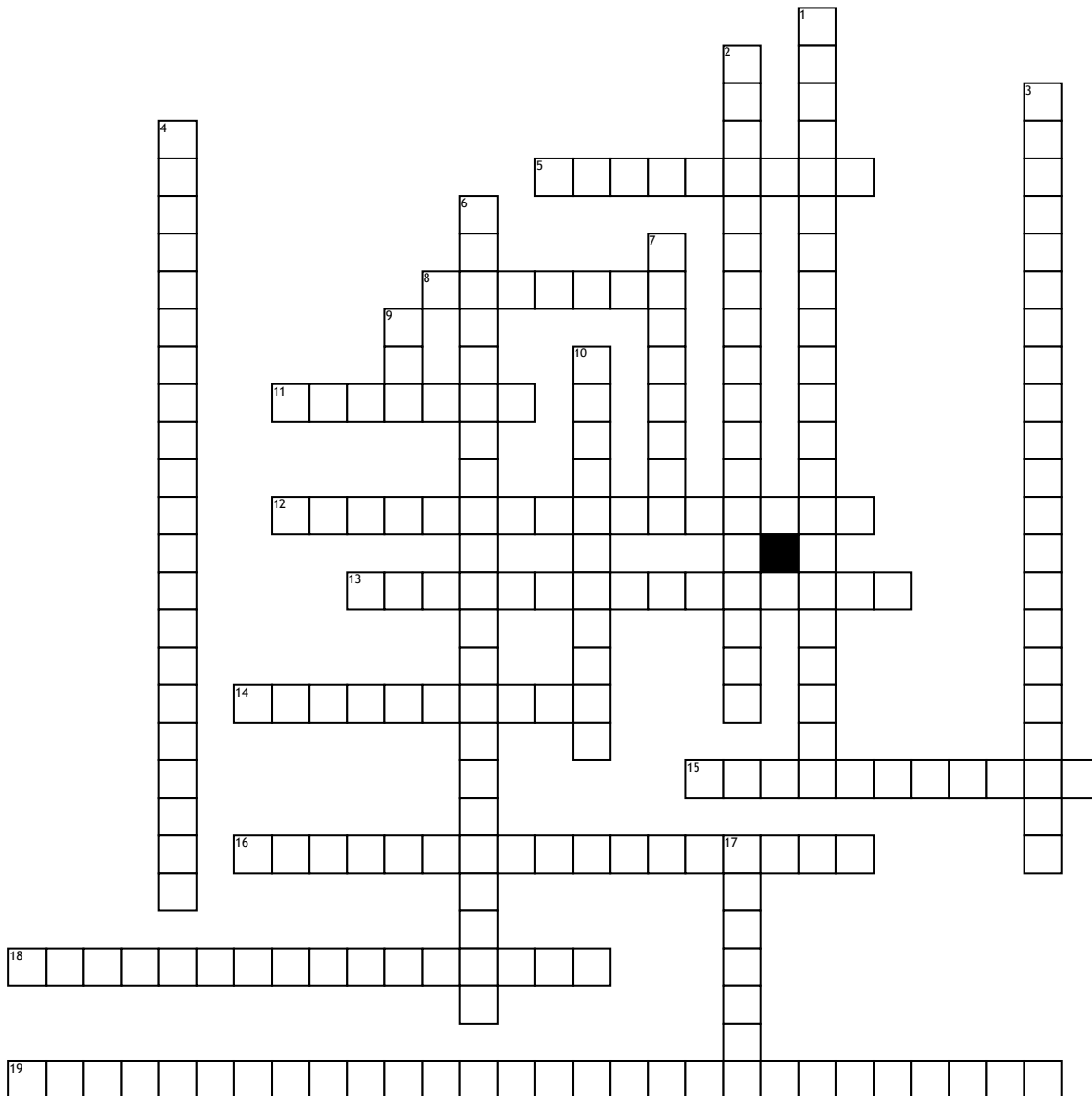


Muscular Strength



Across

5. Muscle contraction without movement at the joint
 8. Device used to secure weights to a barbell or dumbbell; without them the weights on one side of the bar could slip off
 11. Another person who can help if the weight tilts or can help move a weight into position before or after a lift
 12. Exercise apparatus that have a stack of weights that is lifted through an assortment of pulleys
 13. A single lifting and lowering of a weight
 14. Muscle contraction where the maximum tension is generated in the muscle as it contracts at a constant speed over the full range of motion of the joint

15. Increase in bulk or size by thickening of muscle fibers
 16. The ability of muscles to apply force repeatedly
 18. The force muscles can exert against resistance
 19. A type of muscle fiber that has stored glycogen and enzymes like fast-glycolytic fibers but that has additional oxidative enzymes that aid aerobic energy

Down

1. An exercise in which two or more joints move together
 2. A type of muscle fiber that has few mitochondria and high levels of stored glycogen and necessary enzymes for anaerobic energy
 3. Free weights

4. The maximum weight you can lift successfully once while using proper form
 6. Increasing, from one session to another, the amount of weight you lift during a set
 7. Muscle contraction where tension is constant while length increases
 9. Number of reps performed without stopping to rest
 10. A form of training where muscles are subjected to rapid alternation of lengthening and shortening while resistance is continuously applied
 17. Progressive loss (wasting) of muscle mass