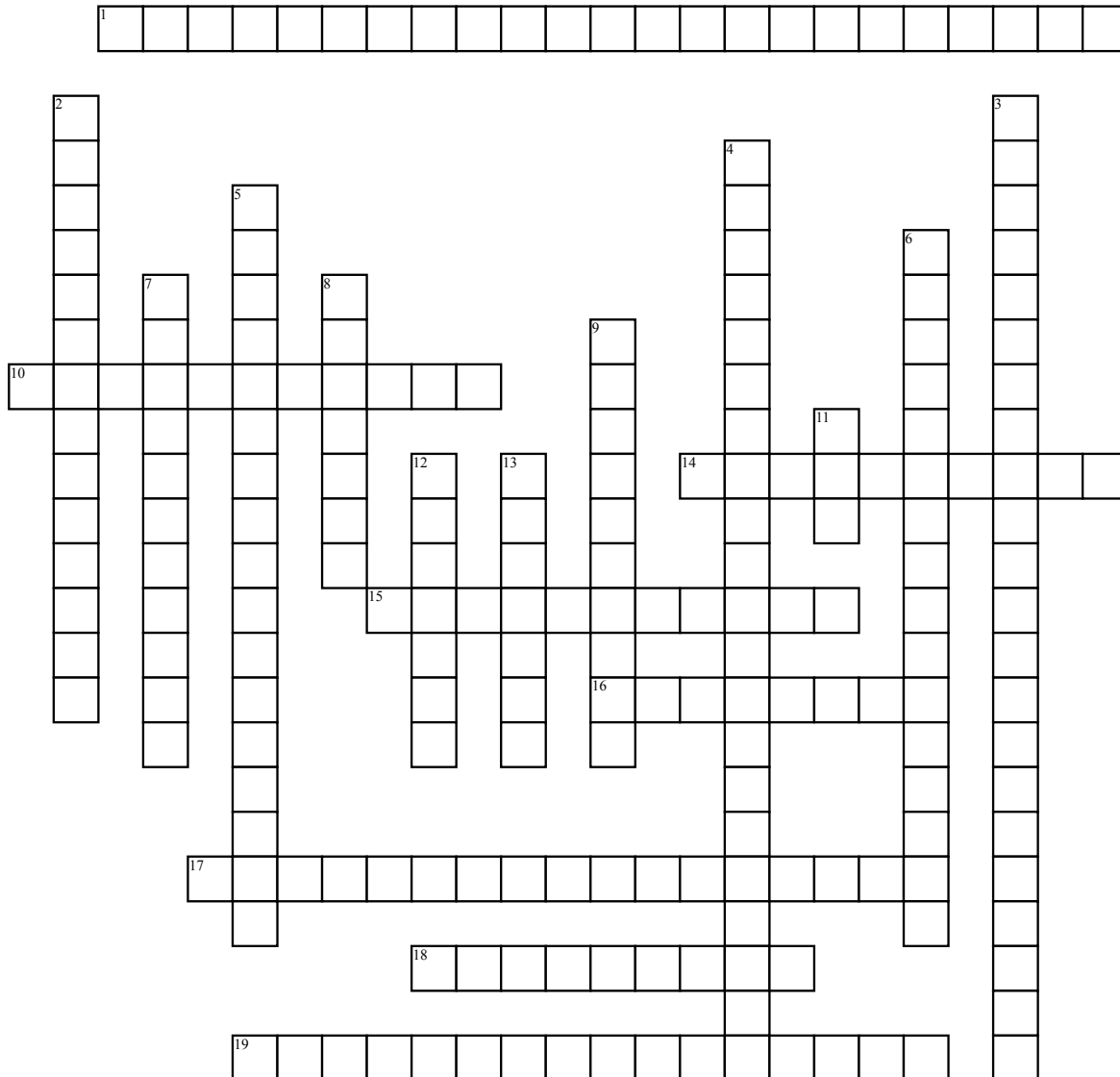


Muscular Strength and Endurance



Across

1. type of muscle fiber that has stored glycogen and enzymes like fast glycolytic fibers but that has additional oxidative enzymes that aid aerobic energy
 10. increase in bulk or size by thickening of muscle fibers
 14. a single lifting and lowering of the weight
 15. a form of training where muscles are subjected to rapid alternation of lengthening and shortening while resistance is continuously applied
 16. muscle contraction where tension is constant while length increases
 17. ability of muscles to apply force repeatedly
 18. muscle contraction without movement at the joint

19. the force muscles can exert against resistance

Down

2. type of muscle fiber that has few mitochondria and high levels of stored glycogen and necessary enzymes for anaerobic energy
 3. increasing, from one session to another, the amount of weight you lift during a set
 4. an exercise in which 2 or more joints move together
 5. the maximum weight you can lift successfully once while using proper form
 6. exercise apparatus that have a stack of weights that is lifted through an assortment of pulleys
 7. barbells or hand weights

8. another person who can help if the weight tilts or can help move a weight into position before or after a lift
 9. 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
 11. number of reps performed without stopping to rest
 12. devices used to secure weights to a barbell or dumbbell; without them the weights on one side of the bar could slip off
 13. progressive loss(wasting) of muscle mass