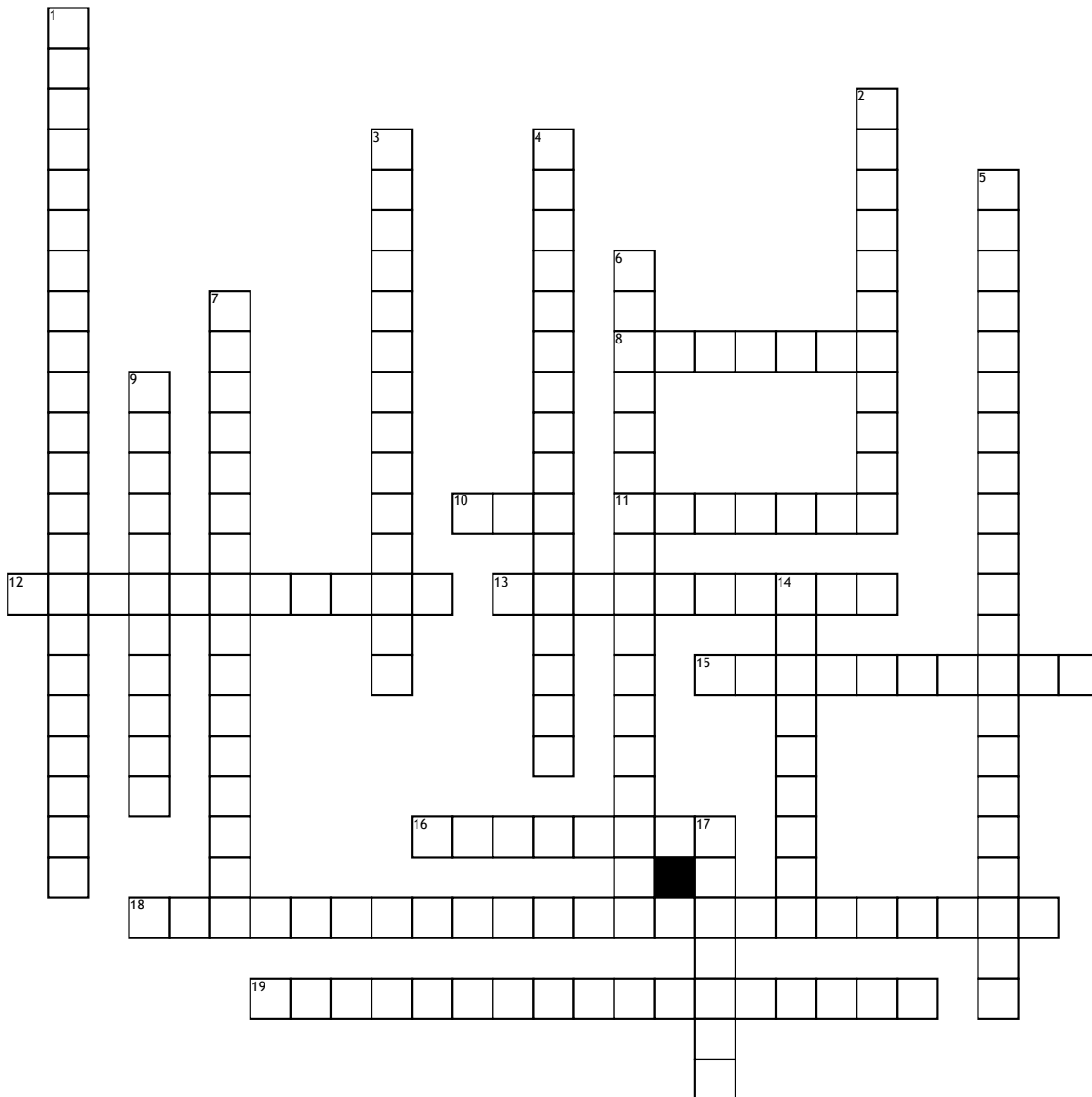


# Muscular Strength and Endurance



## Across

8. another person who can help if the weight tilts or can help move a weight into position before or after a lift  
 10. Number of reps performed with out stopping to rest  
 11. Progressive loss ( wasting) of muscle mass  
 12. barbells or hand weights  
 13. a single lifting and lower of the weight  
 15. 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  
 16. Muscle contraction where tension is constant while length increases

18. 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

19. The maximum weight you can lift successfully once while using proper form

## Down

1. Increasing, from one session to another, the amount of weight you lift during a set  
 2. Increase in bulk or size by thickening of muscle fibers  
 3. A type of muscle fiber that has few mitochondria and high levels of stored glycogen and necessary enzymes for anaerobic energy  
 4. the force muscles can exert against resistance

5. An exercise in which two or more joints move together

6. The ability of muscles to apply force repeatedly

7. exercise apparatus that have a stack of weights that is lifted through an assortment of pulleys

9. A form of training where muscles are subjected to rapid alternation of lengthening and shortening while resistance is continuously applied

14. Muscle contraction without movement at the joint

17. Devices used to secure weights to a barbell or dumbbell; without them the weights on one side of the bar could slip off