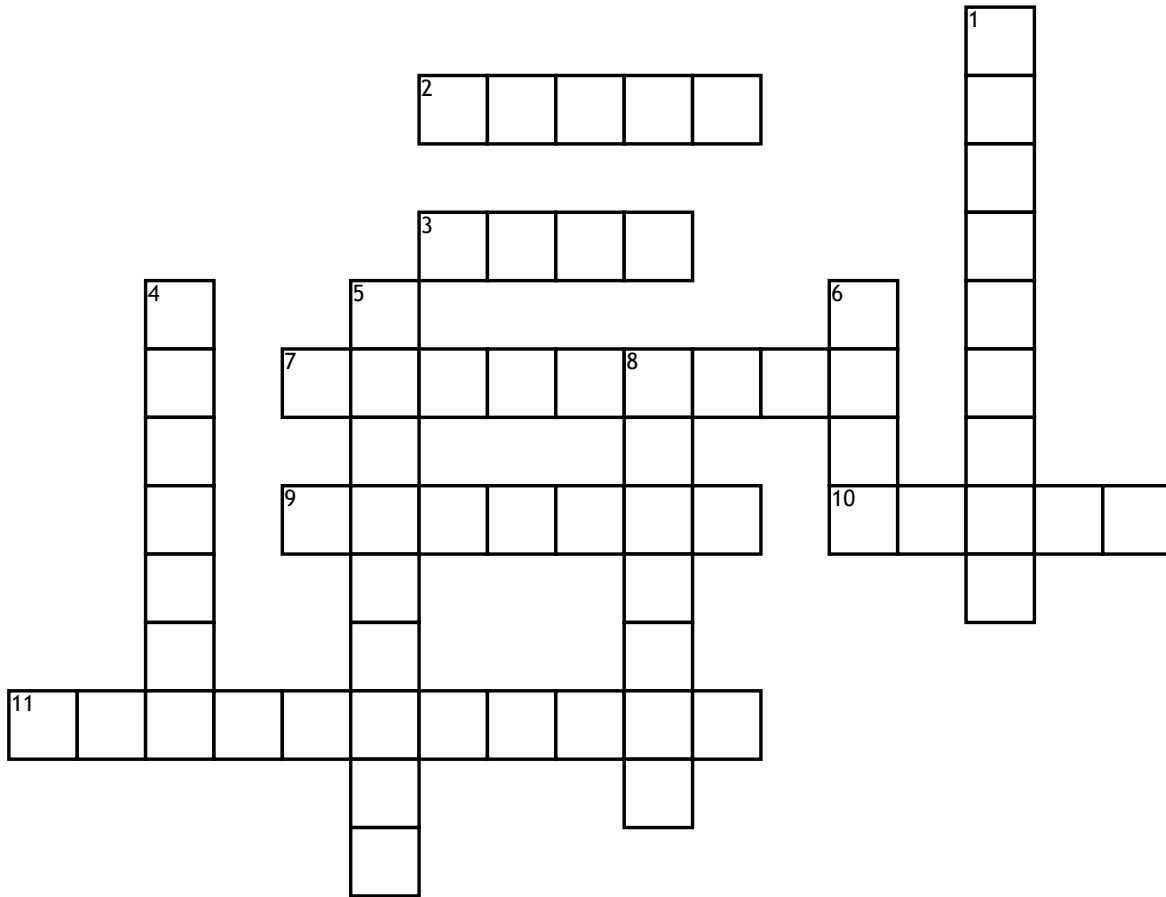


Name: _____

Date: _____

My Fitness



Across

- 2. the amount of force
- 3. amount of lifts done in a certain time frame
- 7. how long you can sustain a activity
- 9. excersise using oxygen
- 10. the rate at which you lift a weight
- 11. absolute range of motion from a particular joint

Down

- 1. muscle on the outer part of your thigh?
- 4. control placement of the body in a given direction
- 5. absence of oxygen
- 6. group of reps
- 8. minimizing transition time from one movement to the next