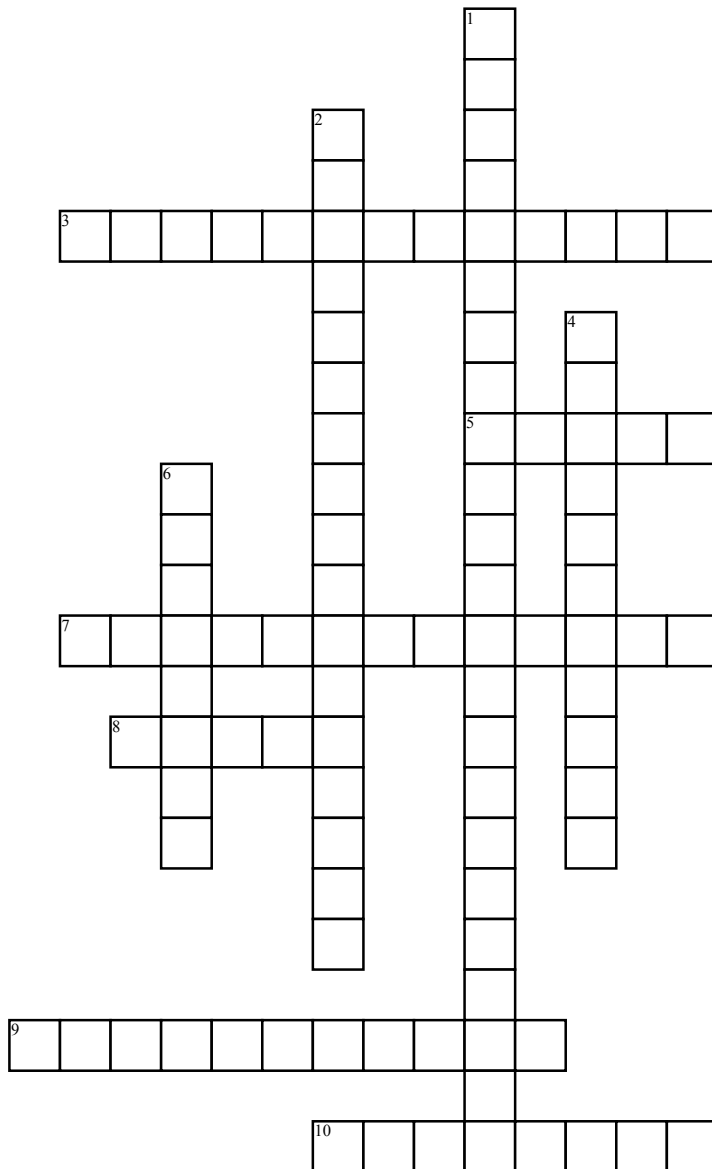


Name: _____

Date: _____

Performance Enhancement Crossword



Across

3. any adaption the takes place as a result of training will be reversed when you stop training
5. the rate at which someone is able to move or operate
7. divide into periods
8. move or travel with great speed or force
9. a change by which an organism or species becomes better suited to its enviornment
10. quality or state of being strong

Down

1. ability of the heart, lungs and blood vessels to deliver oxygen to your body.
2. ability of a muscle to sustain repeated contractions against a resistance for an extended period
4. state that exercising a certain body part component of the body, or particular skill primarily develops that part or skill
6. amount of load, or resistance, providing a greater stress, overload, on the body than it is normally accustomed to in order to increase fitness