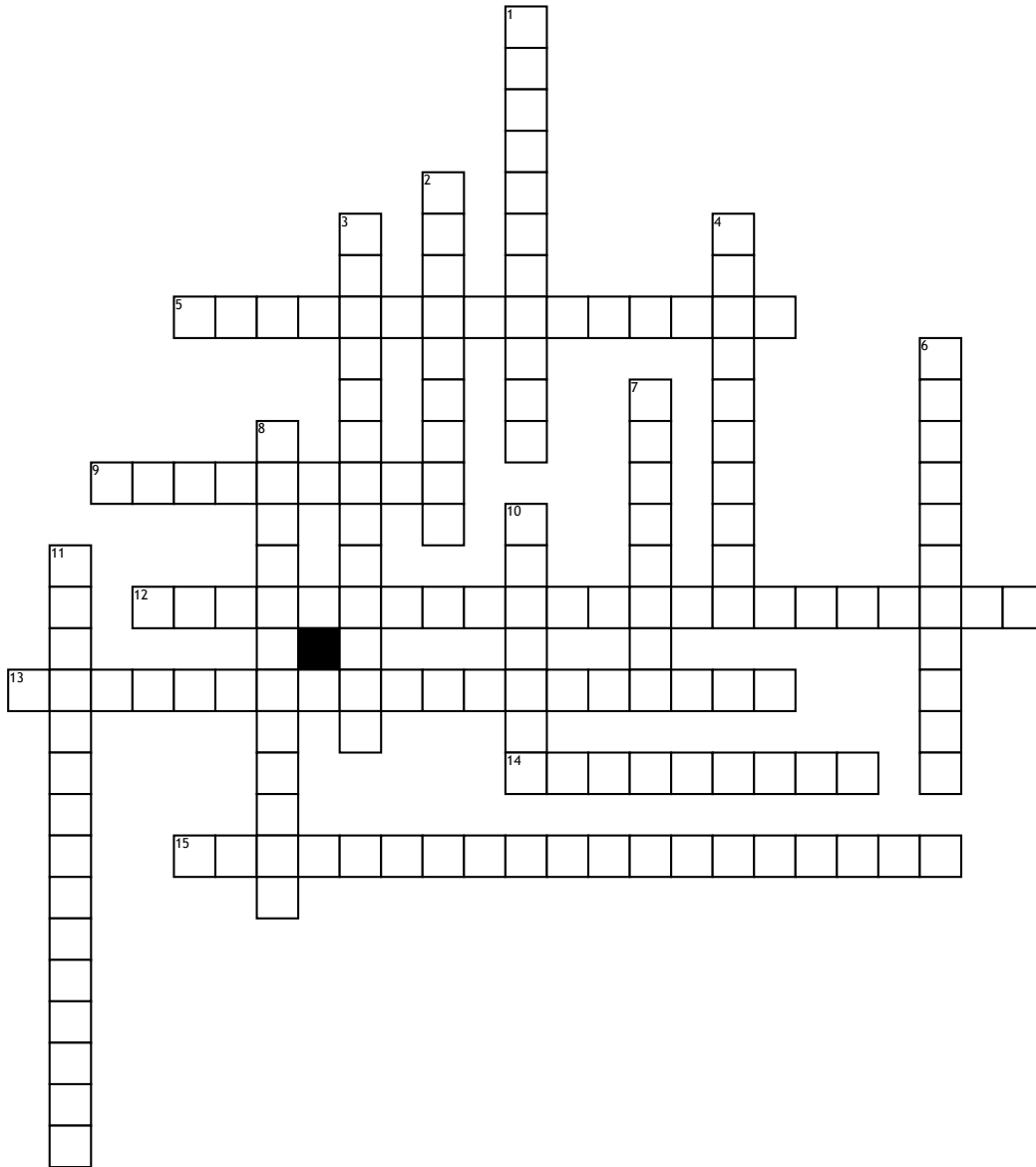


Name: _____

Sport



Across

- 5. improves acceleration
- 9. what happens to heart rate when you take part in regular exercise
- 12. average calories for a male adult
- 13. tests grip strength
- 14. male name, improves cv fitness, two words

- 15. name for increasing muscle size

Down

- 1. average calories for a female
- 2. tests cv fitness
- 3. amount of time a stretch is held for in a cool down
- 4. the P acronym in "RAMP"
- 6. way of testing flexibility in the back and hamstrings
- 7. addictive substance in a cigarette
- 8. alcohol causes this in the heart
- 10. type of stretch before exercise
- 11. tests reaction time and is expensive equipment