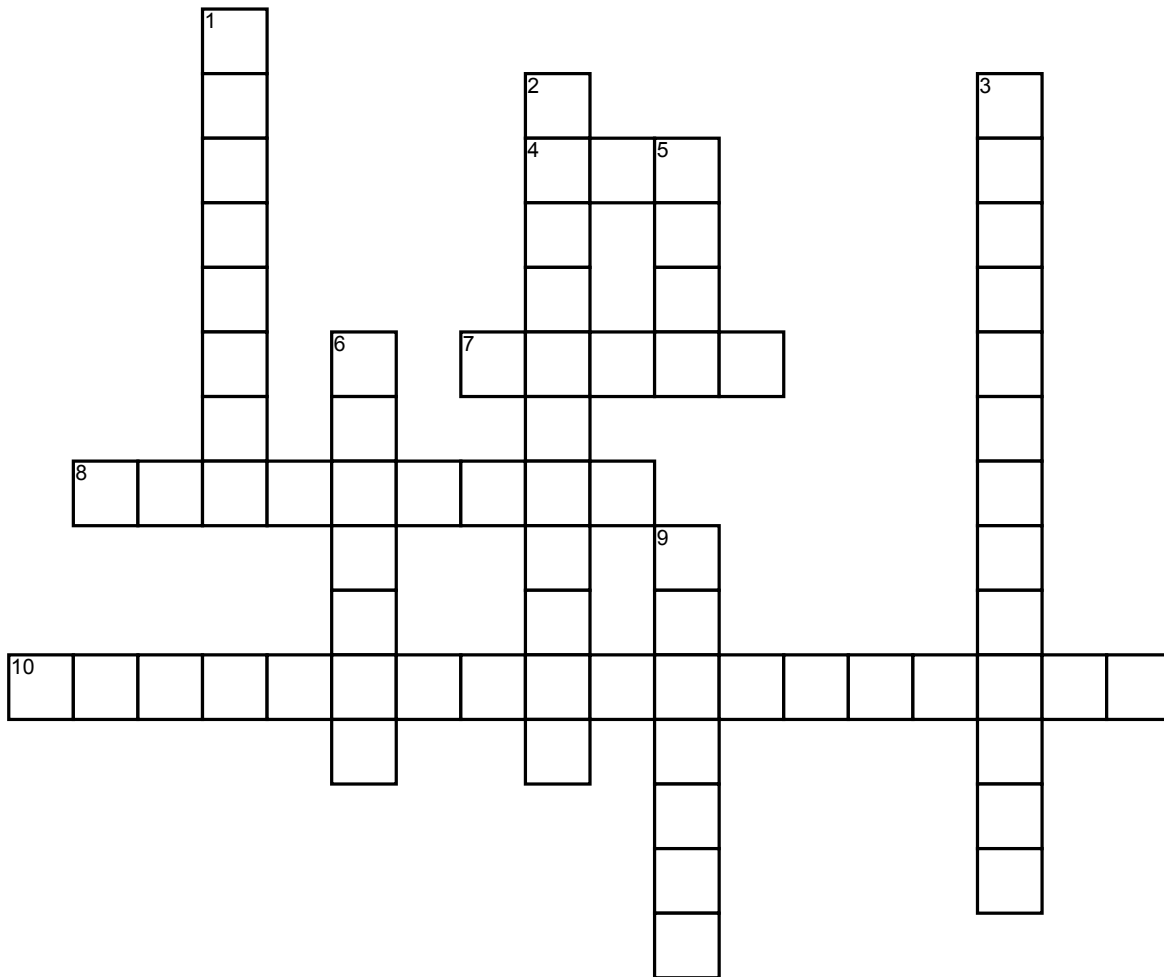


# TRAINING



## **Across**

- 4.** Type of stretching that involves a static stretch (30 sec), followed by a contraction of the stretched muscle until the stretch is no longer felt (usually around 5-10 sec), then a further lengthening of the muscle to hold another static stretch (10 sec).
- 7.** Weight training that uses machines and pulley systems to lift the weight.
- 8.** Type of strength training that uses machines, which use water or air compression to provide resistance throughout the movement.
- 10.** The minimum amounts of exercise required to produce an improvement in fitness.

## **Down**

- 1.** Gradually increasing the frequency, intensity or duration of the training.
- 2.** Training and exercising according to a specific muscle group, energy system or sport.
- 3.** When you stop exercising and the benefits from training is lost.
- 5.** Weight training that involves lifting dumbbells, barbells and weight plates.
- 6.** Type of strength training that is often used in rehabilitation, especially for weaker muscles.
- 9.** Making use of different exercises, surroundings, facilities and changing intensity of activities.