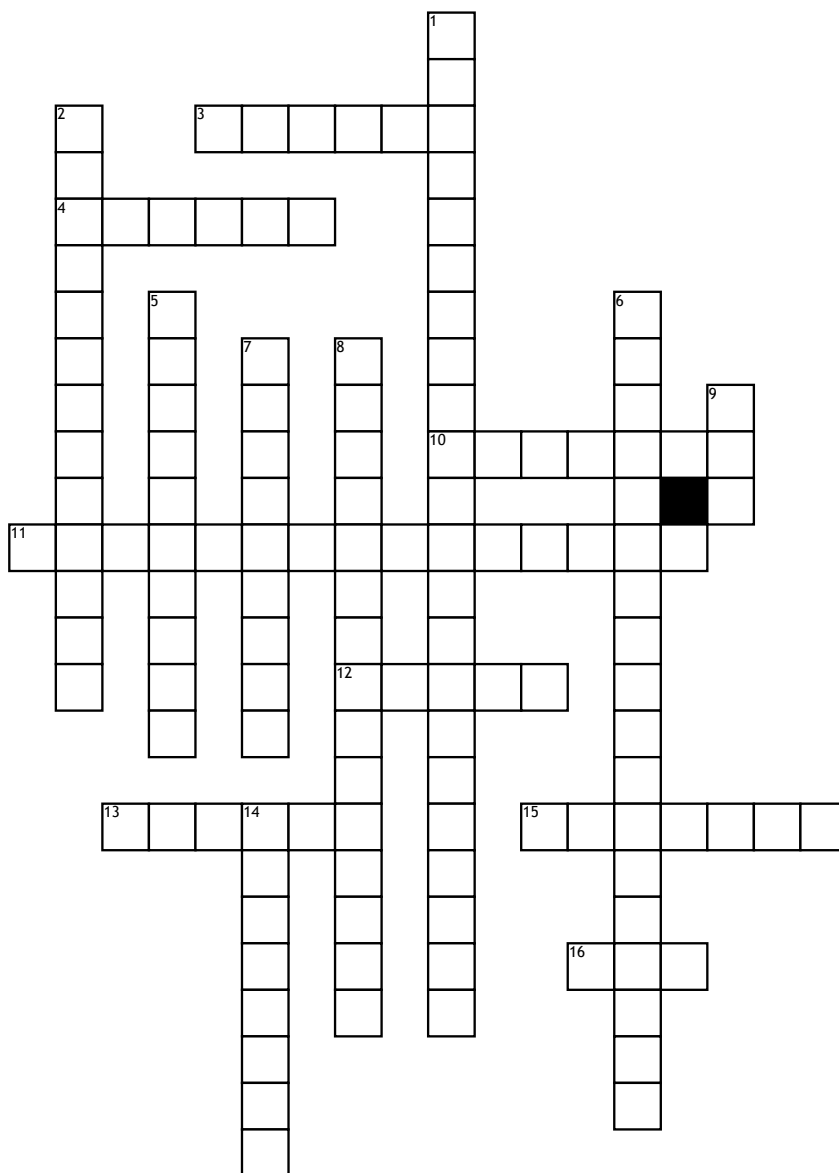


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Training Methods Recap



## Across

3. The maximum amount of oxygen uptake which is a measure of cardiorespiratory endurance

4. aerobic interval training involves

10. Watches your technique and prevents injuries when weight training

11. Moving from one exercise to another through a series of stations

12. anaerobic interval training focuses on this component of fitness...

13. Type of stretching which is done alone

15. speed play

16. form of stretching used in rehabilitation

## Down

1. a machine used for weight training

2. Circuit training can be made

5. An exercise for arms which uses dumbbells

6. long, steady rate training lasting at least 30 minutes

7. Stretching which is in the form of fast, jerky movements

8. medium reps and medium weights

9. Maximum force exerted in a single contraction

14. the training method involving work and rest/recovery periods