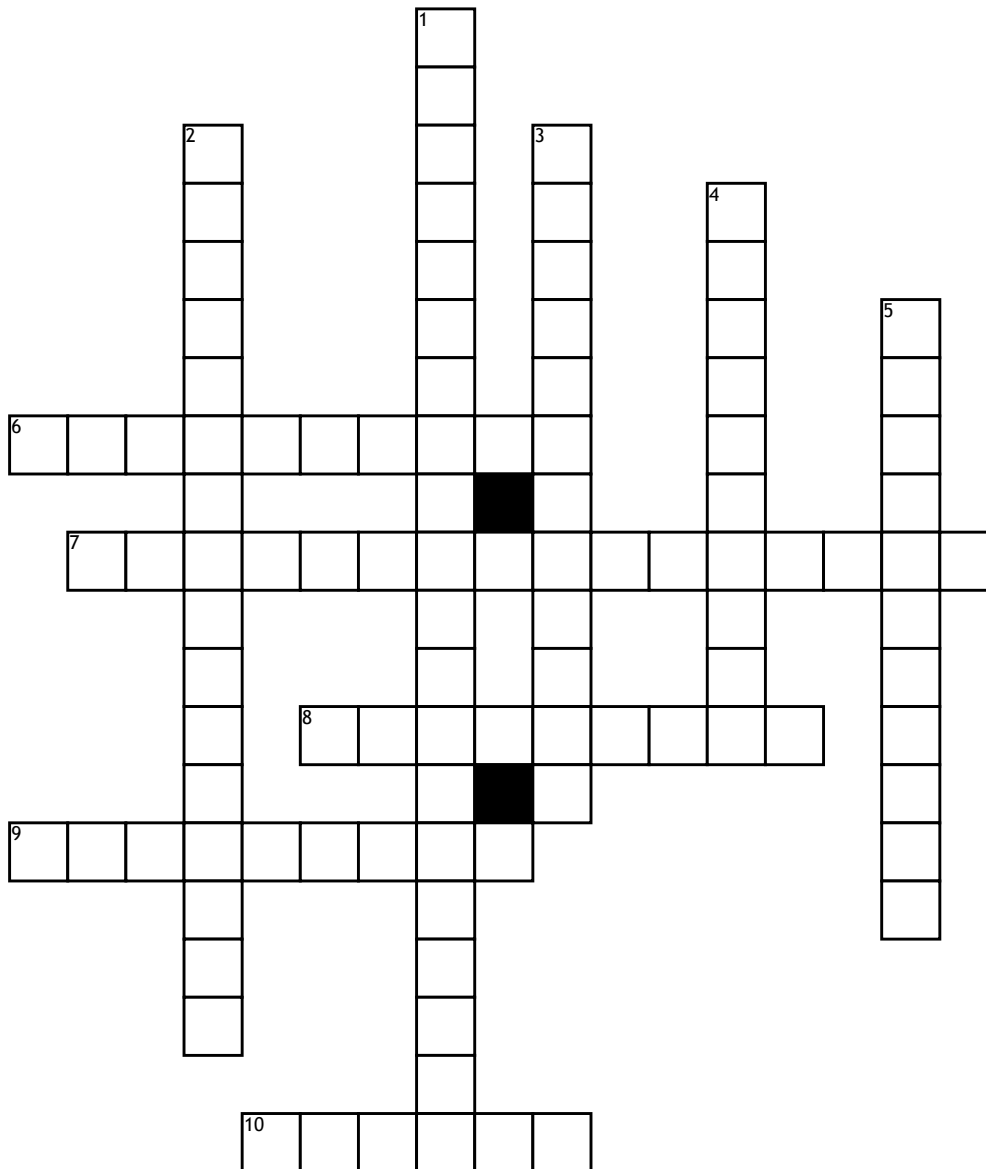


# Unit 2 Fitness Recap



## Across

6. What can you use to create a fitness plan?
7. What types of stretch have we been using in your weekly training session?
8. How can you measure how hard your heart is working?
9. What is the main fitness entry requirement for the Police?
10. What should you do at the start of an exercise session?

## Down

1. What is the name given to the heart and blood vessels?
2. What stretch can you use to stretch the back of the thigh?
3. What can you use to measure your current level of fitness?
4. This is a fitness test used in the RAF.
5. How can you track and monitor your progress?