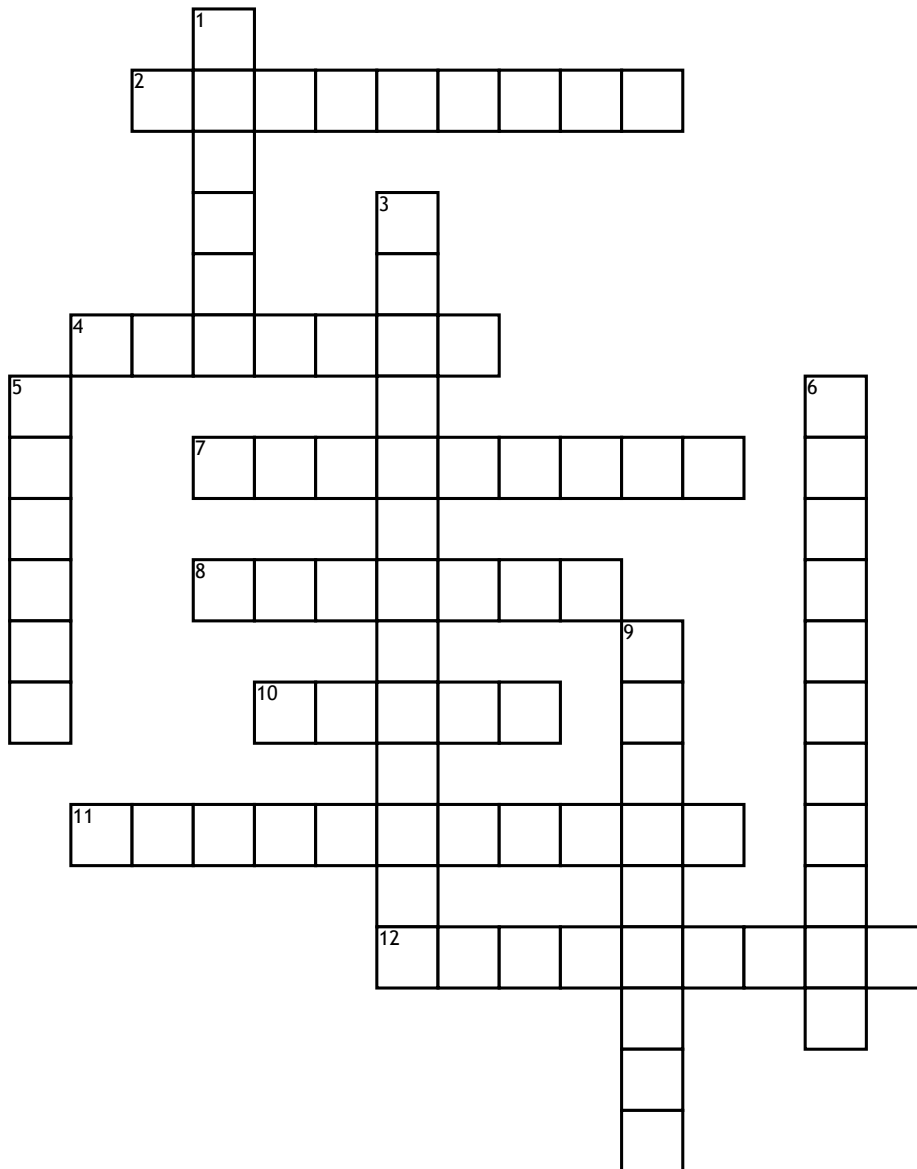


Warms up and Circuit Training



Across

2. The long muscle at the back of your upper leg

4. Circuit training helps to improve your.....

7. The station which works your arms and legs

8. A method of training

10. Shuttle runs helps to improve which component of fitness

11. You are measuring each station by counting the amount of

12. Second part of a warm up

Down

1. Each lesson you set a what for yourself?

3. The small muscle at the back of your lower leg

5. Number of different stations in our circuit

6. First part of a warm up

9. Which word relates to the 'thinking' station