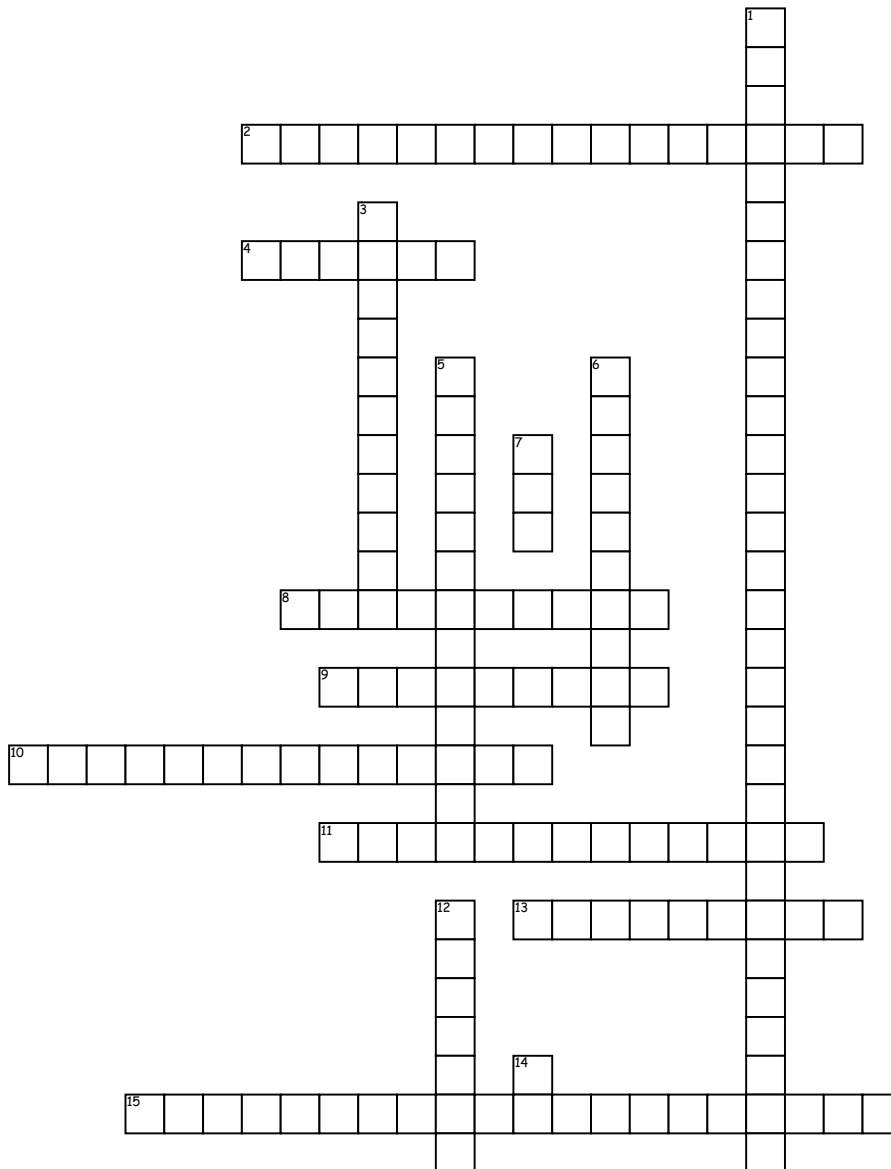


theory of fitness



Across

2. how do you measure anaerobic power
4. what is the average male time in the illiois agility run test
8. what does the sit and reach test test
9. what does the T stand for in sport
10. what doe the P stand for in PNF

11. what does BMI stand for

13. how long do you hold a static stretch for

15. how do you measure BMI

Down

1. what does bia stand for

3. how do you work out your MHR

5. what doe the "r" stand for in sport

6. what does the O stand for in sport

7. what % on the borg scale does hard intensity go under

12. what is speed play know as

14. what does the grip dynamometer measure in