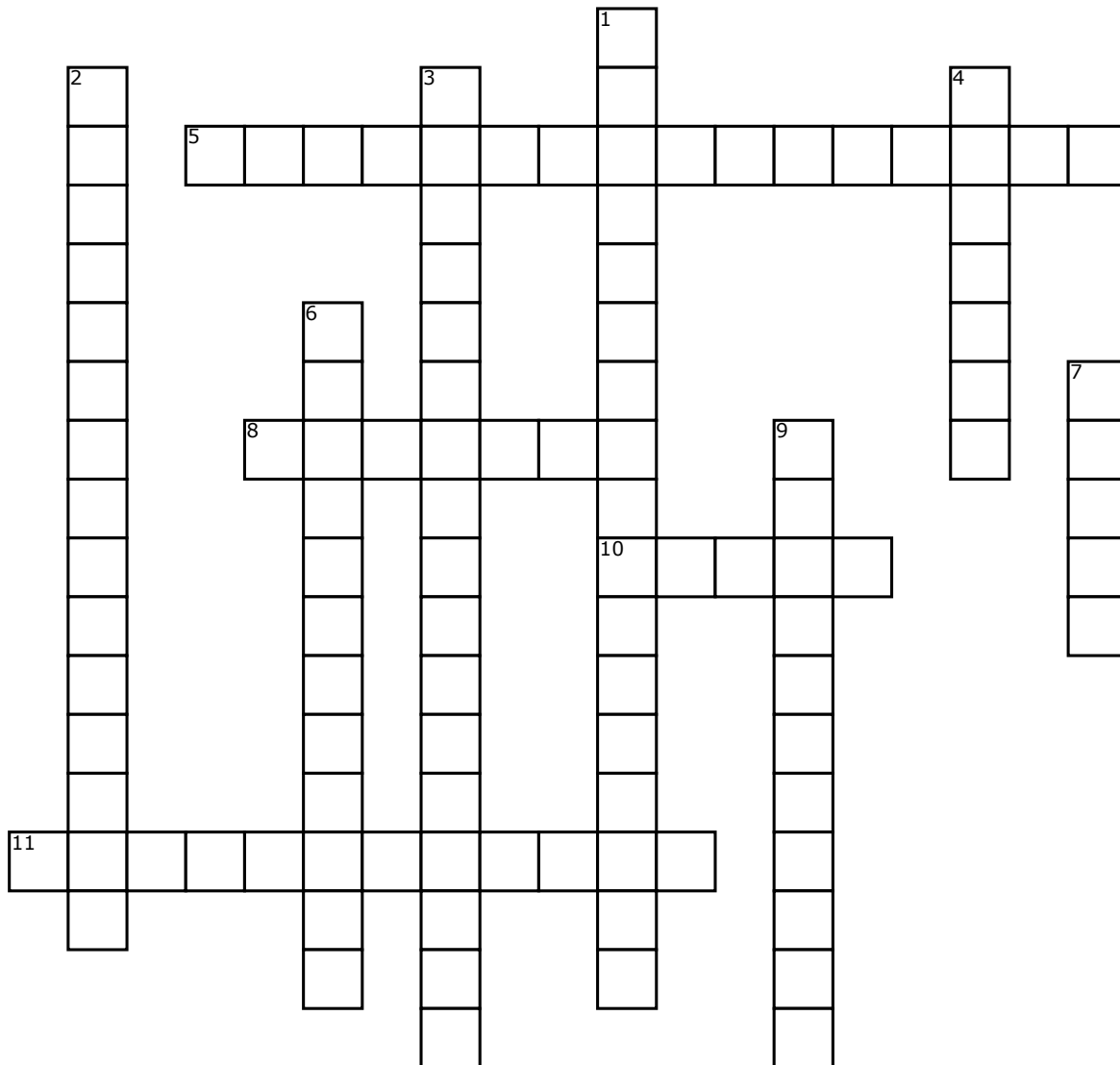


11 Components of Fitness - Task 2



Across

- 5.** What component of fitness are your muscles required to lift heavy things?
8. Which component requires you to hold one position for a period of time?
10. Which component of fitness is related to having explosive movements?
11. What component of fitness requires you to multitask?

Down

- 1.** What component is mostly related to your heart and Lungs?

- 2.** What component is used to measure a percentage of fat?
3. What component of fitness do your muscles need to repeat exercises?
4. What component requires you to move your body quickly?
6. Which component requires quick reflexes?
7. Which component requires you to move quickly?
9. Which component of fitness requires you do move your body in a range of ways?