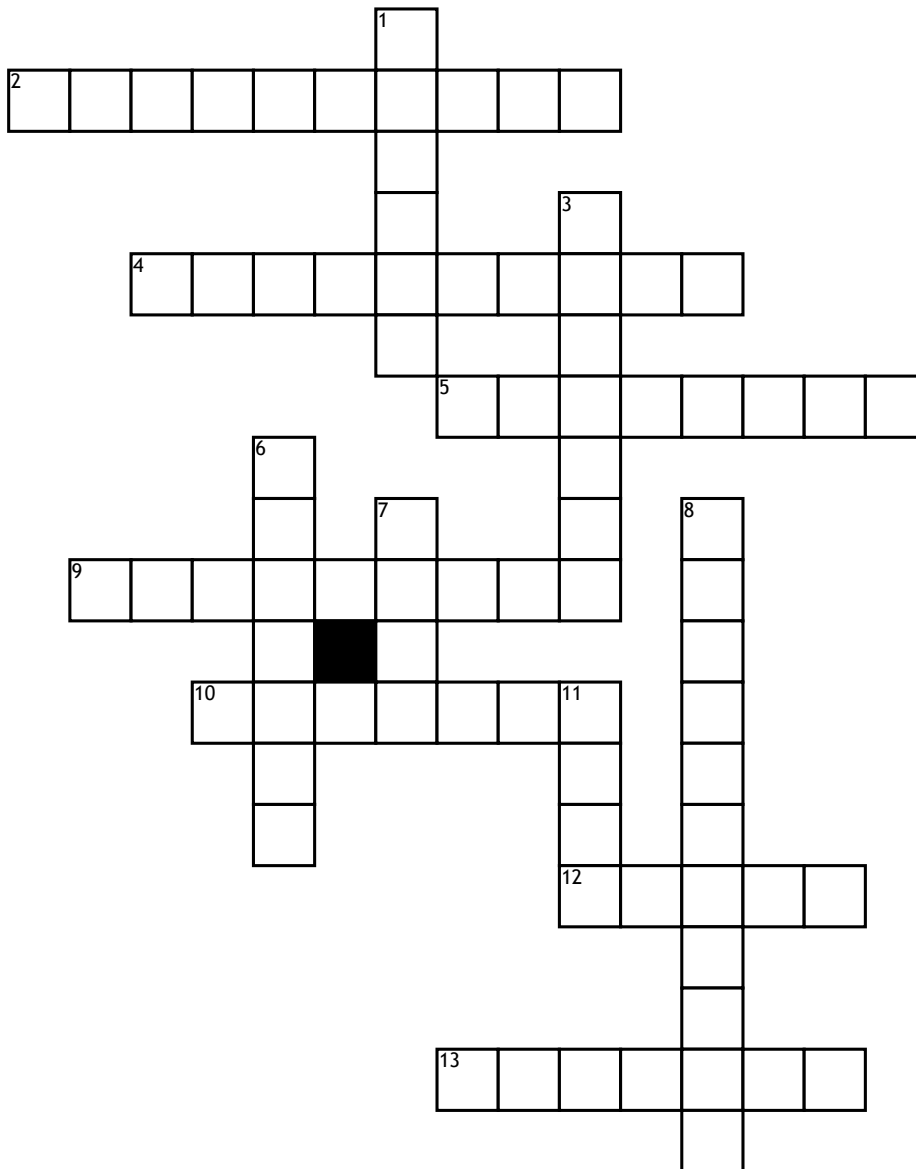


Aerobic and Anaerobic Exercise



Across

- 2. Waste Product from anaerobic exercise.
- 4. Temporary oxygen shortage in the body due to strenuous exercise.
- 5. Undertaken after exercise to speed up recovery.
- 9. Exercise without oxygen.

- 10. The rubbing and kneading of muscles and joints with the hands.
- 12. Involuntary contraction of a muscle.
- 13. What is broken down in both types of respiration?

Down

- 1. Feelings of sickness during/after exercise.
- 3. Exercise in the presence of oxygen.

- 6. Immersion in cold water to speed up recovery.
- 7. The pain /stiffness felt in the days following strenuous exercise.
- 8. Replacing lost water, minerals and carbohydrates after exercise.
- 11. Increased Rate of oxygen intake following strenuous exercise.