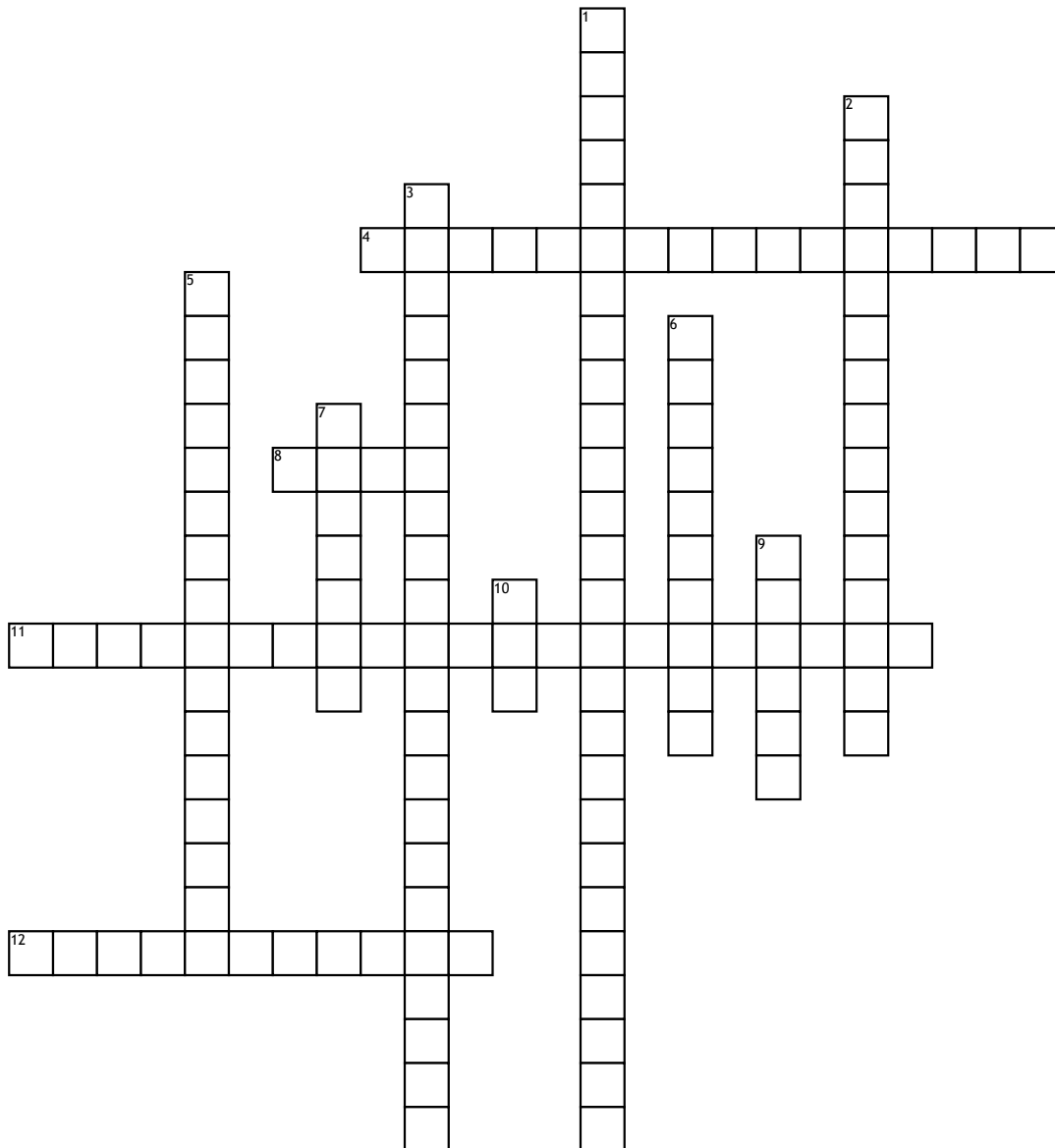


Cardiorespiratory Endurance



Across

4. Most effective way to build cardiorespiratory endurance
8. Carries blood filled with waste product from the muscle cells and other body tissues back to the heart
11. Referred to as "bad cholesterol"
12. A waxy, fat-like substance found in meat, dairy products, and egg yolk

Down

1. Ability to exercise your entire body for a long time without stopping
2. Is similar to, but not exactly the same as , cardiorespiratory endurance.
3. Referred to as "good cholesterol"
5. Highest heart rate that a person can reach during the most vigorous exercise
6. Type of self-assessment

7. Activity that is steady enough to allow your heart to supply all the oxygen your muscles need.
9. Carries blood from your heart to another part of your body
10. The _____ formula for building cardiorespiratory endurance.