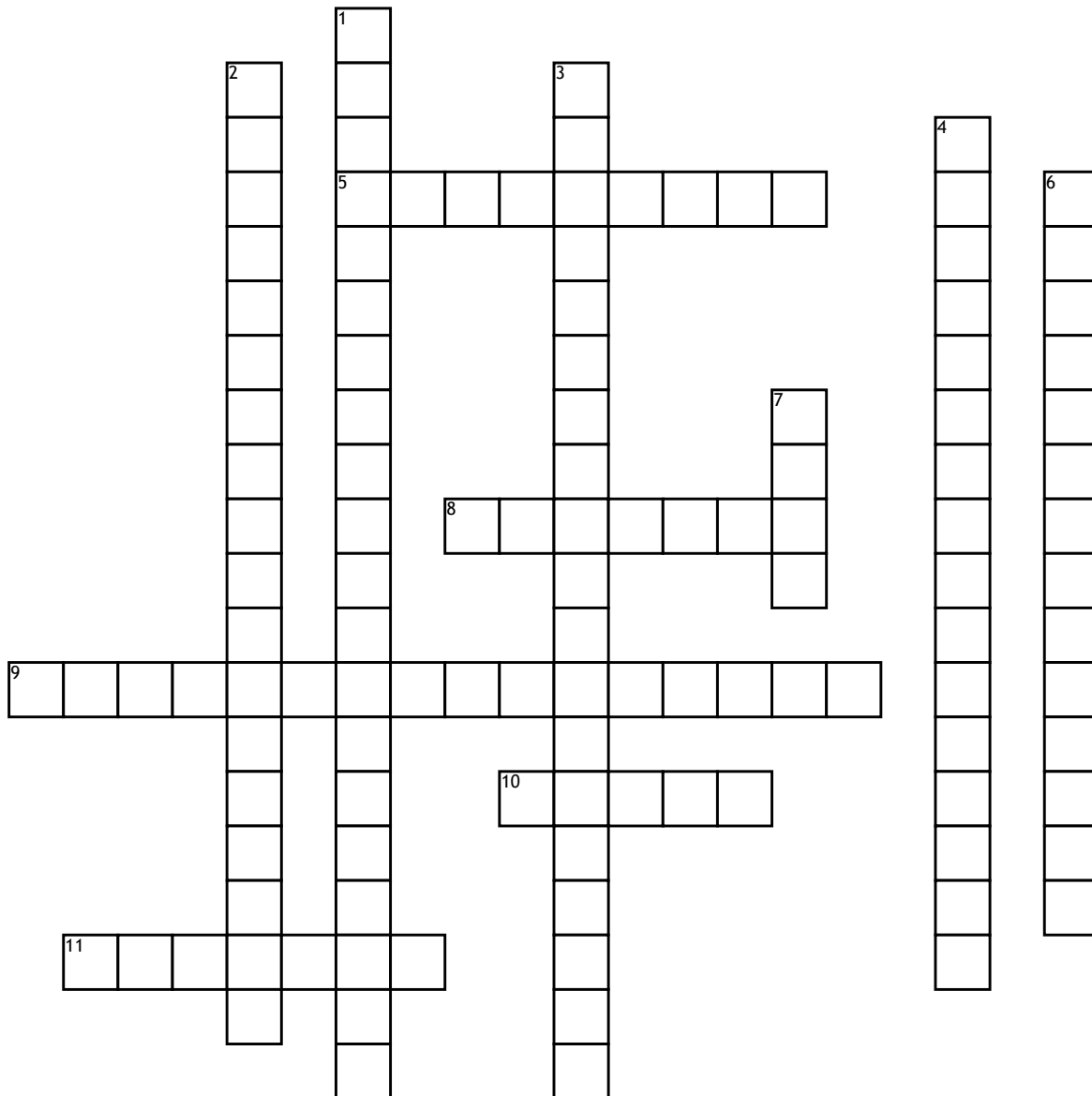


Cardiorespiratory Response



Across

5. Pressure that the heart has to pump against
8. Difficulty breathing
9. breathing at a higher rate than normal
10. max heart rate a person can achieve when going all out
11. amount of stretch before the heart contracts.

Down

1. Heart rate kept at a sustained rate when the work load from exercise is sustained at a steady excretion.

2. point that the body can't keep up with aerobic energy during exercise and switches to the anaerobic system.
3. increase in heart rate to make up for low stroke output during exercise.
4. heart beat at rest
6. information sent from the brain to the Heart.
7. Decline in arterial PO₂ and oxygen saturation during maximal and submaximal exercise.