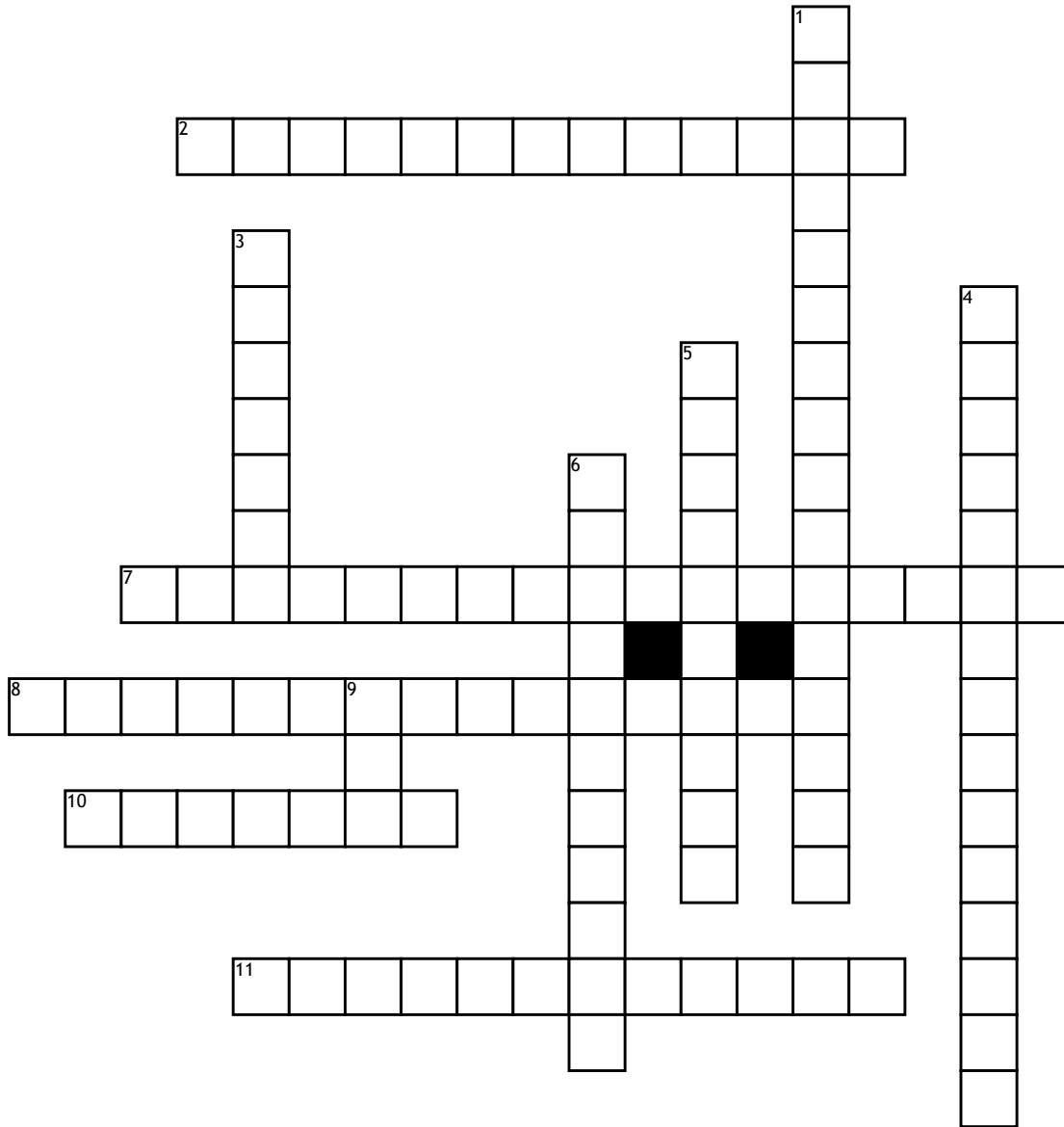


Components of Fitness



Across

- 2. The body's ability to continuously provide oxygen to muscles
- 7. The ability to repeat muscular movement over a period of time
- 8. The amount of fat in body compared to lean mass
- 10. A common cardio fitness exercise
- 11. A flexibility test that also tests strength

Down

- 1. The ability of a muscle group to apply maximal force against resistance
- 3. Components of...
- 4. Being able to carry out daily activities without getting tired too easily
- 5. Why do women have more body fat?
- 6. The degree in which an individual muscle will lengthen
- 9. In adults who has less body fat?