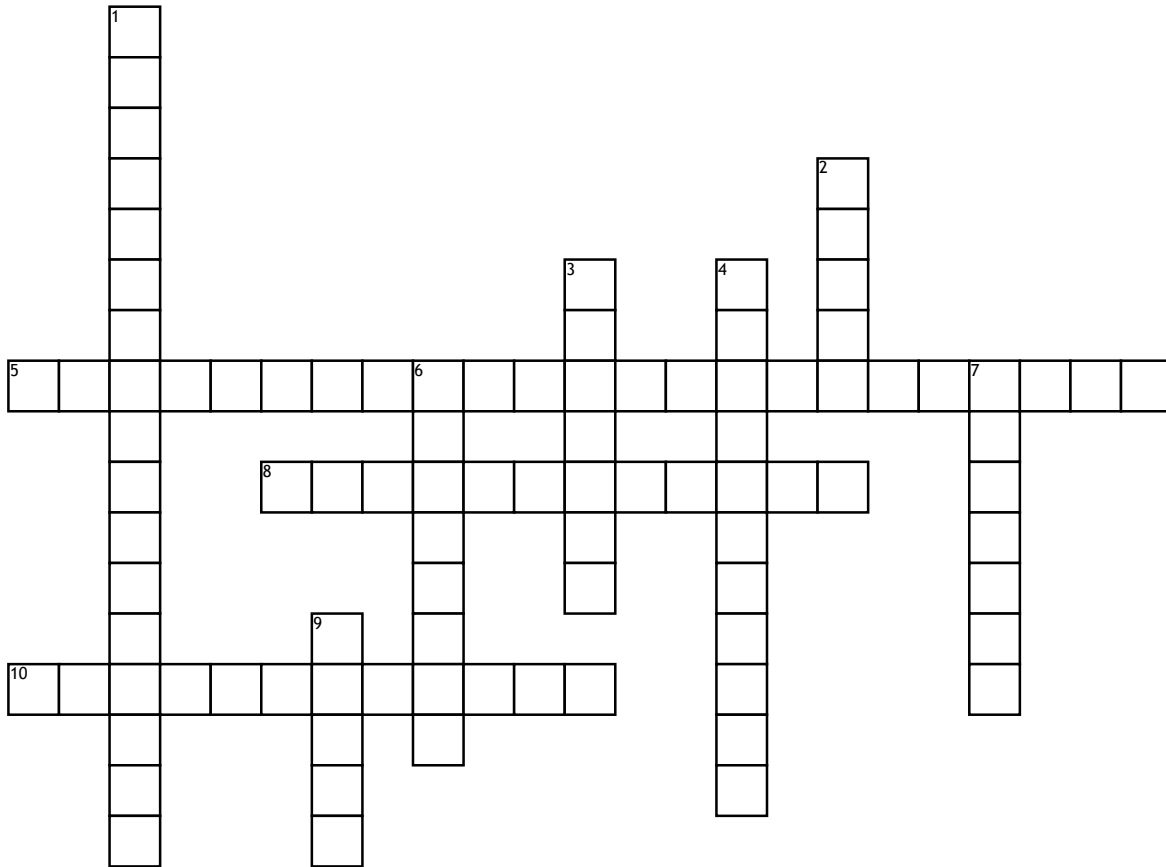


# Components of Fitness



**Across**

5. The ability of the heart and lungs to supply oxygen to the working muscles

8. The ability to use two or more different parts of the body together, smoothly and efficiently

10. The time taken to start responding to a stimulus. The time taken between the initiation of the stimulus and the performer starting to respond

**Down**

1. The ability of a muscle or group of muscles to undergo repeated contractions, avoiding fatigue

2. The maximum rate at which an individual is able to perform a movement or cover a distance in a period of time

3. The ability to keep the centre of mass over the base of support

4. The range of movement possible at a joint

6. The ability to overcome a resistance

7. The ability to move and change direction quickly maintaining control

9. The product of strength and speed