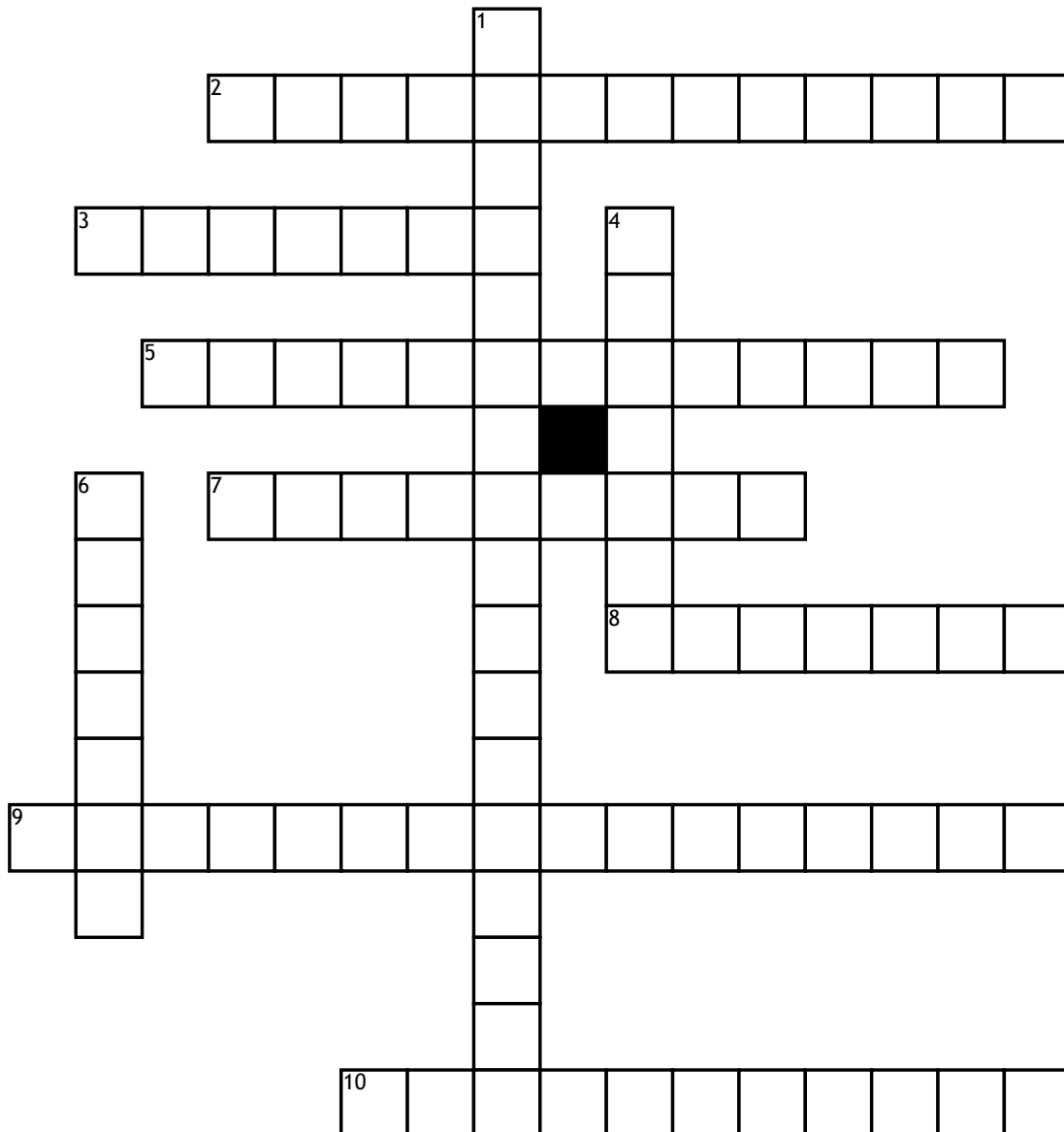


Components of Physical Fitness



Across

2. a muscle or group of muscles being able to move a moderate-to-light resistance explosively with speed

3. method of flexibility

5. muscles being able to apply force in an explosive effort to overcome resistance

7. use of no oxygen

8. example of muscular endurance

9. a muscle or group of muscles being able to apply maximum or near maximum force

10. able to bend, stretch, twist and turn easily

Down

1. a muscle or group of muscles, being able to hold or to keep repeating a movement

4. the use of oxygen

6. sport that uses muscular power