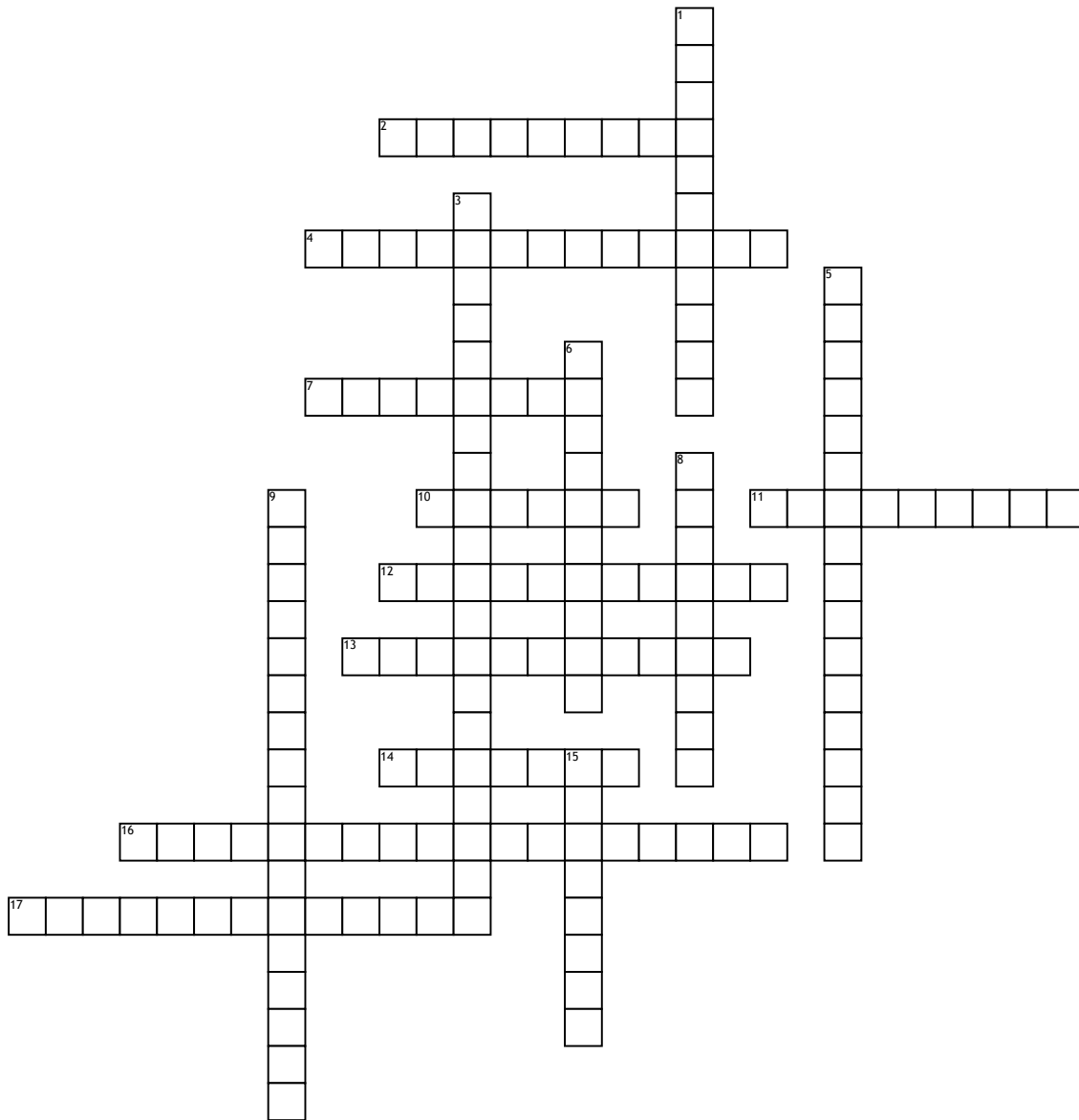


# Exercise Principles and Terms



**Across**

- 2. A type of training that focuses on the muscle lengthening portion of a lift
- 4. The "use it or lose it" principle. Principle of \_\_\_\_\_
- 7. These don't require the use of balance and support muscles
- 10. A type of training where the muscle in focus has limited or no movement
- 11. Type of exercise that is muscular focused, rather than your heart and lungs
- 12. Also known as "jump training"

- 13. This type of resistance training is used when you want to engage the supporting and balancing muscles as well as the muscle in focus
- 14. Type of exercise that focuses on the heart and lungs
- 16. Increase in muscle size as a result of long-term resistance training
- 17. The idea that not all individuals respond the same to exercise. Principle of....

**Down**

- 1. Training exercises are geared toward your desired outcome. Principle of \_\_\_\_\_

- 3. Temporary increase in muscle size during or immediately following exercise
- 5. Max amount of force a muscle can produce
- 6. Type of machine that keeps the speed of movement the same through the entire motion of the lift
- 8. The idea that every 4-6 weeks it is good to change up your workout program. Principle of \_\_\_\_\_
- 9. Ability to repeat a muscle action over a long period of time
- 15. Type of training that consists of repeated, brief, fast-paced bouts with short rest time between bouts