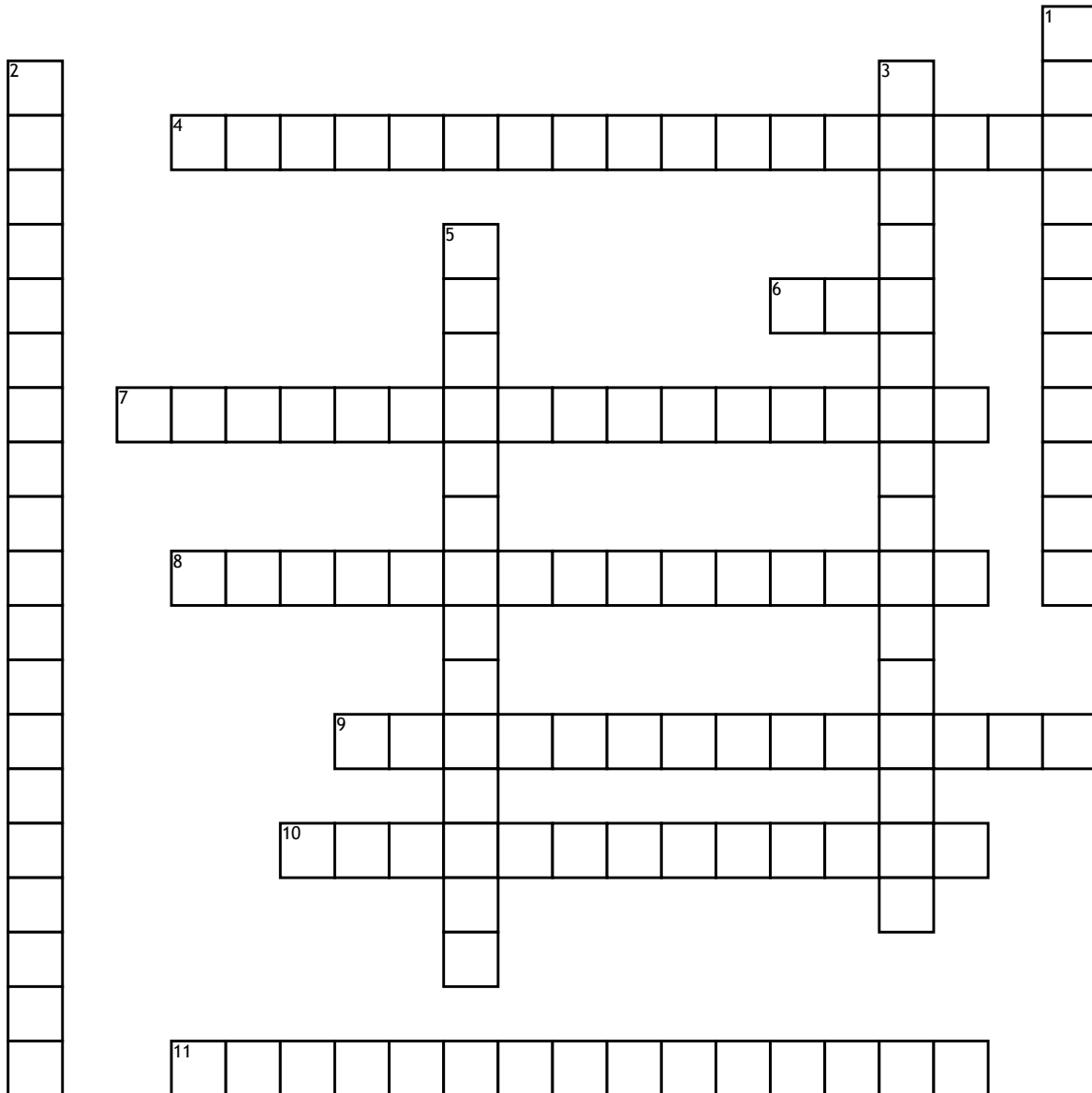


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Fitness



## Across

- 4. The number of repeated contractions a muscle can perform against resistance.
- 6. A measure of body fat calculated from the height and weight of the person.
- 7. Amount of muscle that can be produced with a single effort.
- 8. Ability to carry out daily physical activities without getting tired.
- 9. Develops over time and persists over a long period of time.

10. Stretch that is held in a challenging position for a short period of time.

11. Proportion of fat, muscle and bone of an individual body.

## Down

- 1. Capability of a joint or muscle to move through its full range of motion.
- 2. Lifestyle with little or no physical activities.
- 3. Stretch involving a bounce type of movement.
- 5. Stretch that takes you to the limit of your range of motion.