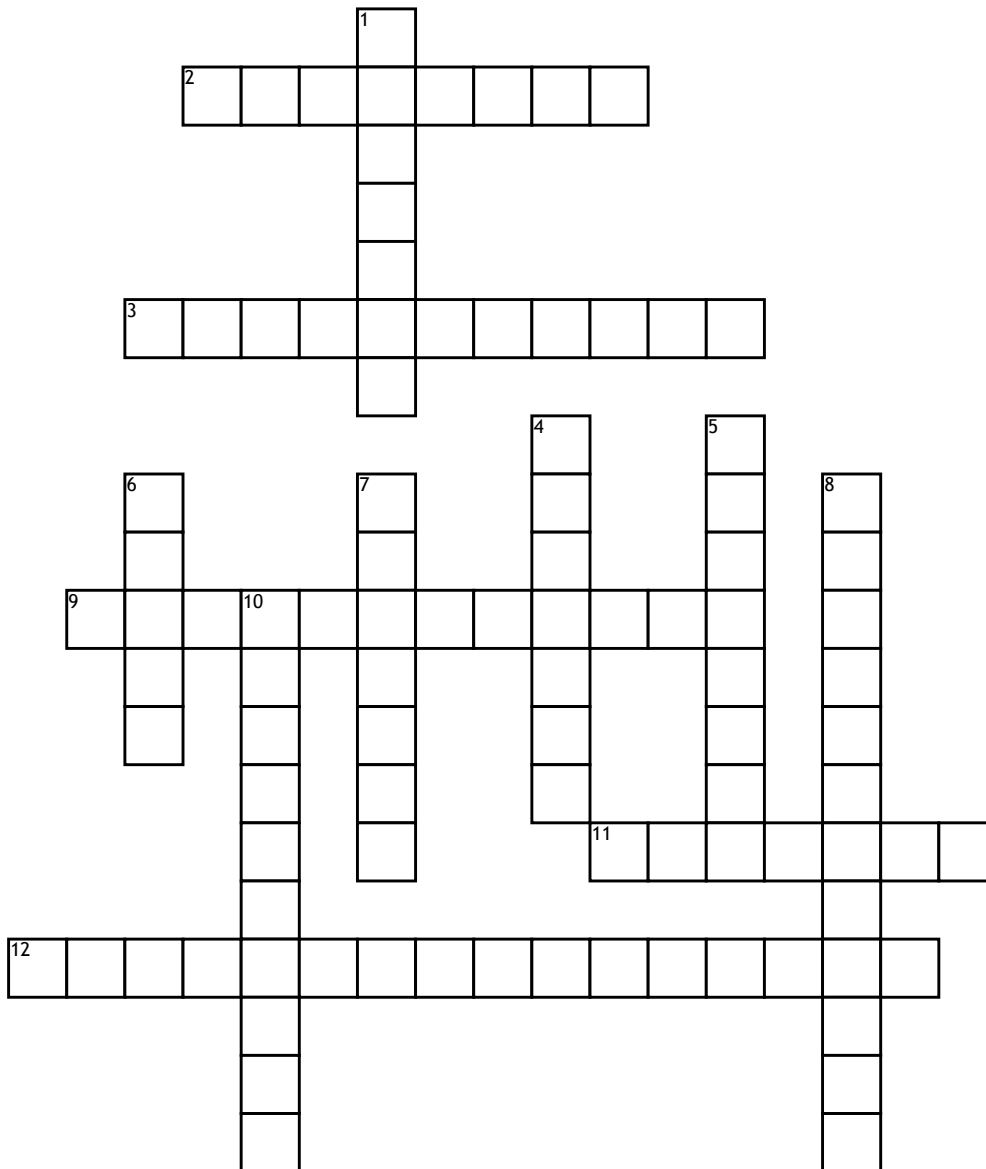


Name: _____

Date: _____

Fitness Component Crossword



Across

- 2. Which type of fitness training would use running/sprinting with parachutes?
- 3. The ability to wrap your knees around your head
- 9. A wicket keeper in cricket, needs to have what performance related component?
- 11. A gymnast who performs on the beam, needs to have what type of performance related component?

- 12. One repetition maximum (1RM), tests which health related component?

Down

- 1. Cardiovascular endurance uses which energy system?
- 4. David Beckham has what kind of coordination?
- 5. A form of endurance training which involves alternating work followed by recovery periods i.e 10x400m with 2min rest

- 6. The main performance related component Usain Bolt possesses
- 7. The 505 test is a form of what health-related component?
- 8. A performance related component of fitness
- 10. The other form of endurance training