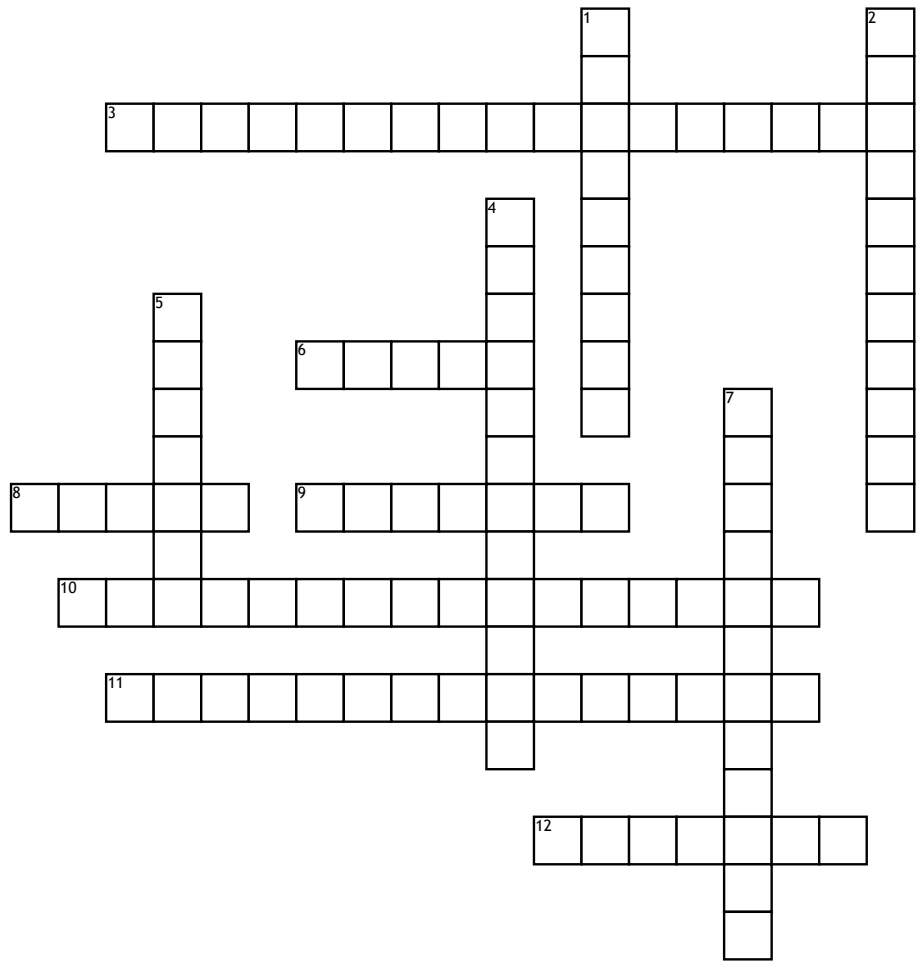


Fitness Components

Across

- 3. The ability to use muscles for a long period of time without tiring.
- 6. The ability to combine strength with speed while moving.
- 8. the ability to get from place to another in the shortest possible time.
- 9. The ability to keep the body in a steady position while standing and/or moving
- 10. The ability of muscles to lift a heavy weight or exert a lot of force one time.



- 11. The combination of all of the tissues that make up the body such as bones, muscle, organs and body fat.
- 12. The ability to change body positions quickly and keep the body under control when moving.

Down

1. Cardiovascular _____ is the ability of the heart, lungs, blood vessels and blood to work efficiently and to supply the body with oxygen.

- 2. The ability to use the joints fully through a wide range of motion.
- 4. The ability of body parts to work together when you perform an activity.

5. There are 11 components of _____.

7. The ability to move quickly once a signal to start moving is received.