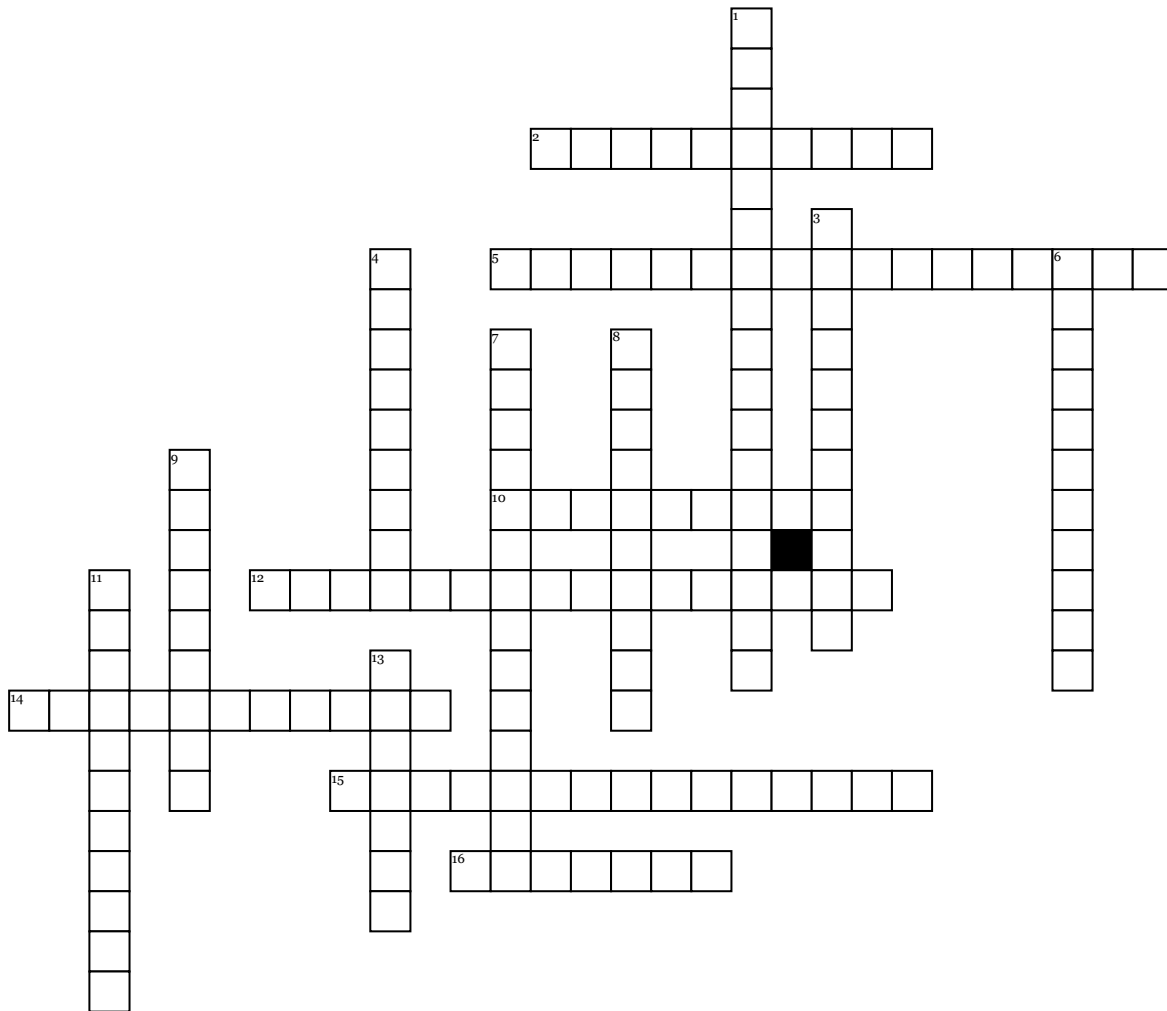


Learn the Lingo - Weight Room



Across

- 2.** Exercise used to increase flexibility
5. The muscle to be developed must be forced to work harder than normal
10. A muscle lengthening contraction
12. Ability of a muscle to exert a force against a resistance
14. The range of motion available in a joint
15. The body's ratio of fat to fat-free mass

- 16.** Exercise that improves the condition of the heart, blood vessels and lungs

Down

- 1.** Ability of muscles to work strenuously for progressively longer periods without fatigue
3. You must exercise the specific muscles you want to develop
4. A contraction in which the muscle maintains an equal length
6. The workload must be increased progressively as the muscle adapts to each new demand

- 7.** Voluntary muscle that is attached to the bones of the skeletal system

- 8.** A muscle shortening contraction

- 9.** Exhale during concentric phase, inhale during eccentric phase

- 11.** Muscles that are forced to work harder than normal will increase in size

- 13.** Muscles that are not used will shrink