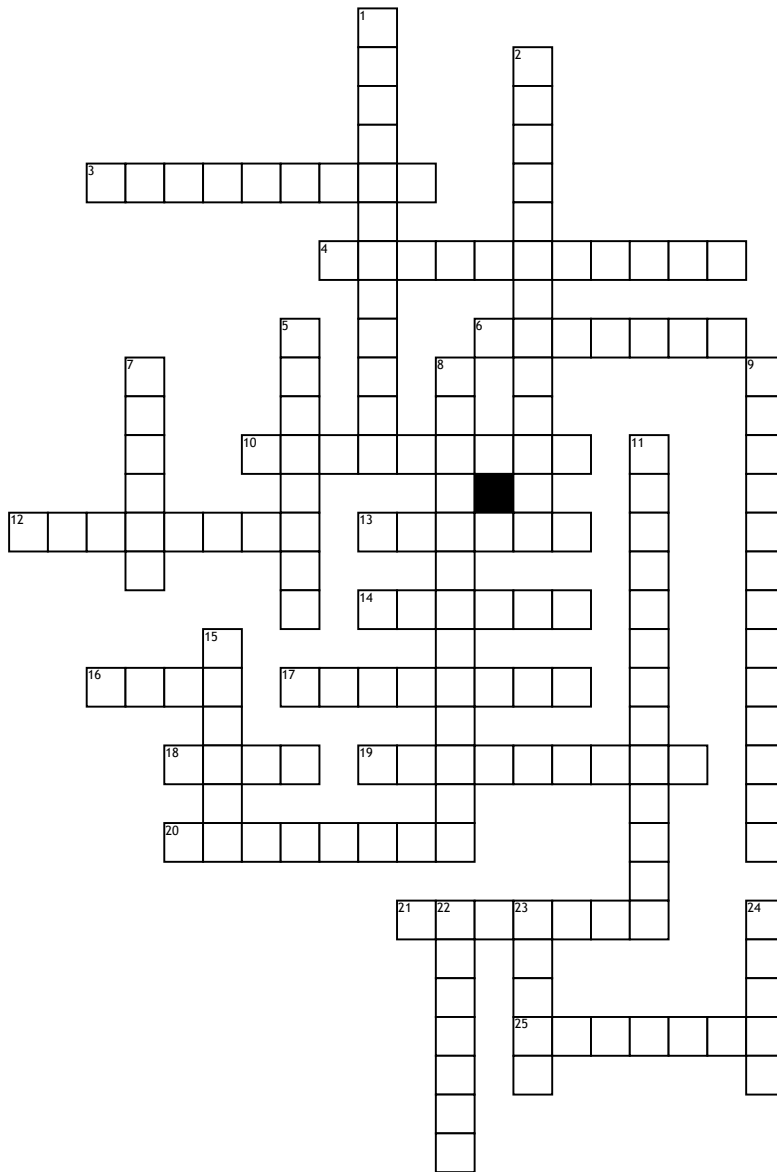


Muscular Strength and Endurance



Across

- 3. The ability to lift a resistance repeatedly
- 4. Muscular strength and endurance are in _____ with each other
- 6. NL_
- 10. Muscle leads to an increase in this resting rate
- 12. This course gives you a chance
- 13. Weight training leads to increased levels of _____ for this with greater muscle mass
- 14. An increase in this type of mass leads to an improvement in confidence
- 16. Lead singer with U2
- 17. Muscles are capable of storing a large amount of this

- 18. Leads to improved _____ composition
- 19. The fastest man in the world
- 20. MSE training causes these to be burned
- 21. An improvement in this leads to the ability to sit or stand with a straighter back
- 25. The body takes up more of these type of salts to affect repairs

Down

- 1. An increase in these leads to an increase in the rate of energy production
- 2. Type of exercise which increases bone density

- 5. The ability of the muscles to exert a maximum force
- 7. MSE Training reduces the risk of this
- 8. REPS stands for Register of Exercise _____
- 9. REPS stands for Register of Exercise _____
- 11. He discovered the muscular strength and endurance continuum in the 1940s
- 15. Virus that has stopped the world
- 22. These games have been cancelled
- 23. President of the United States
- 24. Strength helps to reduce the risk of these in older adults