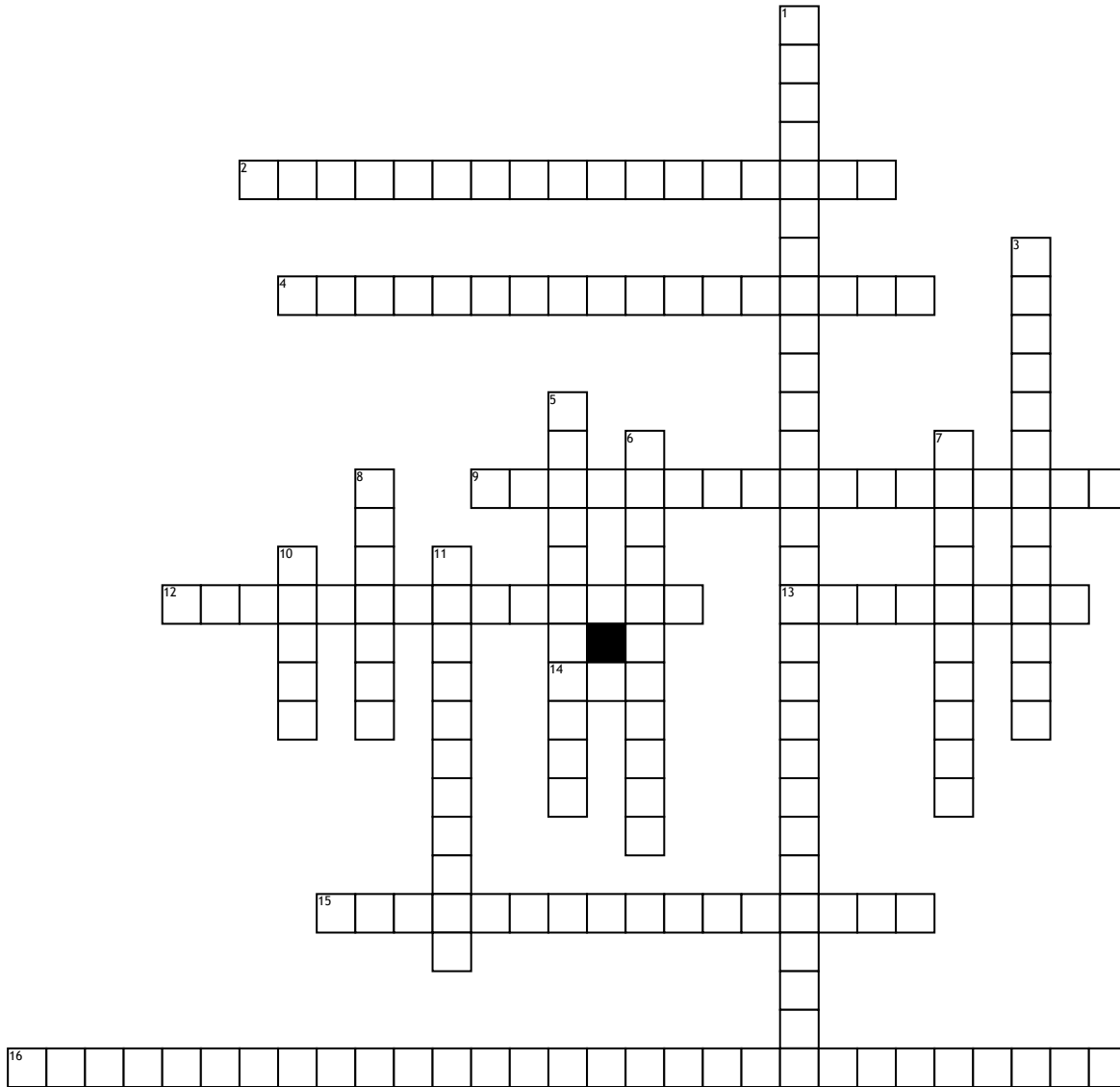


# Physical Education



## Across

2. the ability of a muscle to contract repeatedly over time
4. to increase muscular strength, more than normal amount of weight must be lifted. To increase endurance of the muscle, more repetitions are prescribed but not necessarily more weight.
9. It occurs when the muscles are not moving.....like a wall sit
12. cardio-respiratory endurance, flexibility, muscular strength, muscular endurance, and body composition
13. an exercise with limited oxygen present

14. multiple repetitions of lifts

15. It occurs when the muscles are moving like you are lifting weights
16. AKA - the positive contraction of the muscle that is one to two seconds long. Short

## Down

1. AKA the negative contraction of the muscle that last for four seconds. Lengthens the muscle.
3. frequency-how often a week, intensity-how difficult the workout is, time-how long is the workout. The other is the type of activity you are doing.

5. to gradually overload the muscle by increasing the amount of weight and/or repetitions in order to achieve a higher level of muscular strength or endurance
6. one lift of the weight
7. 220-your age and times (x) that by .65 and .85
8. an exercise that has oxygen present
10. the speed in which we lift and lower the weight load
11. in order to achieve results of a particular muscle group, you must do exercises that isolates that muscle group specifically.