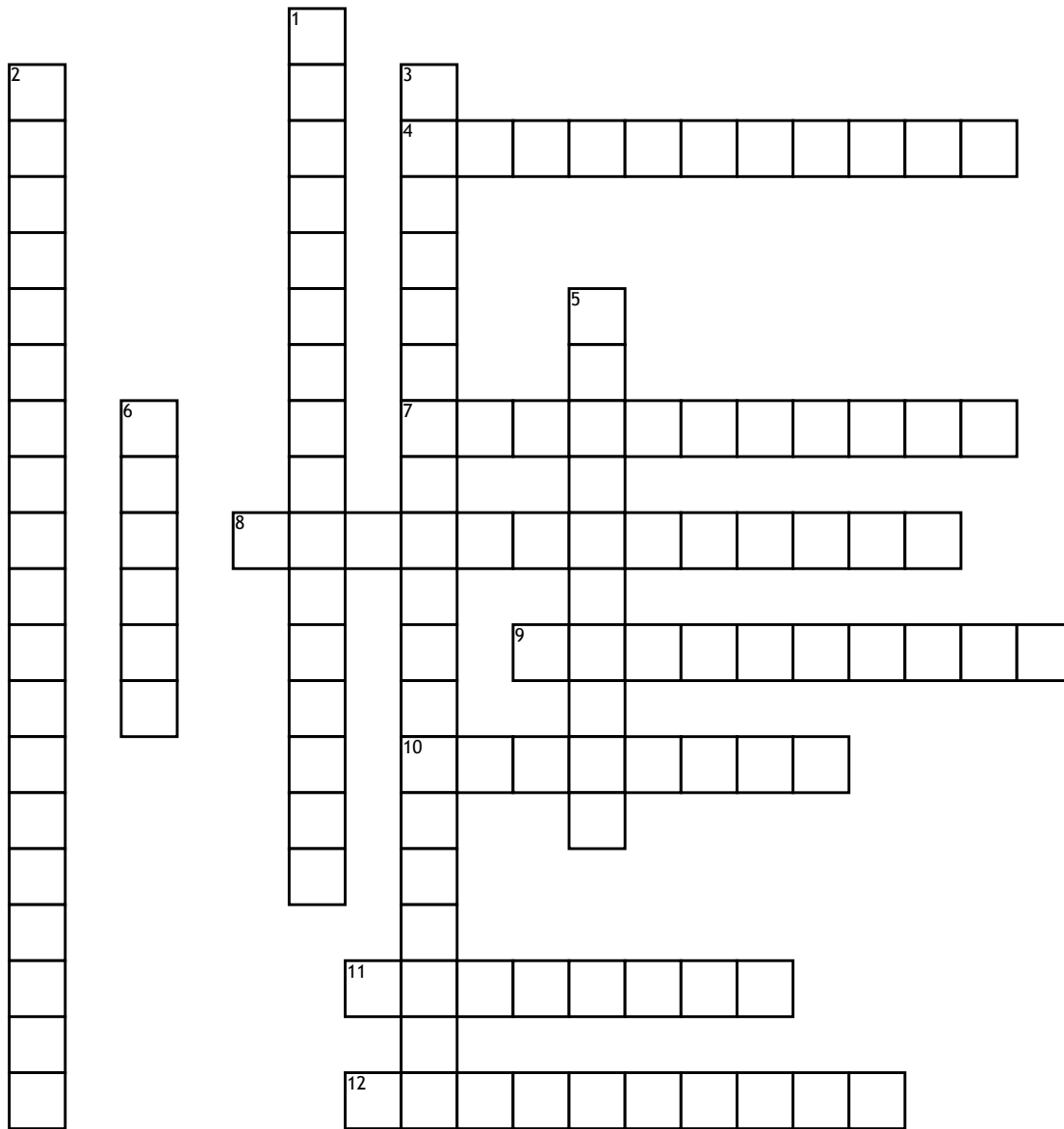


Preparation and Training



Across

- 4. Means the test can be repeated again accurately.
- 7. make sure your training meets your needs
- 8. Built up of blocks and cycles to aid training
- 9. Big period of training
- 10. When the test actually measures what it is set out to do.

- 11. Takes place at the end of exercise
 - 12. A warm up will help to release this
- Down**
- 1. involves a preformer working on one joint, pushing it beyond the point of resistance
 - 2. Swinging or bounding movements

- 3. Where the preformer gradually trains harder
- 5. Cool downs help to remove this
- 6. Helps preapre the body for exercise