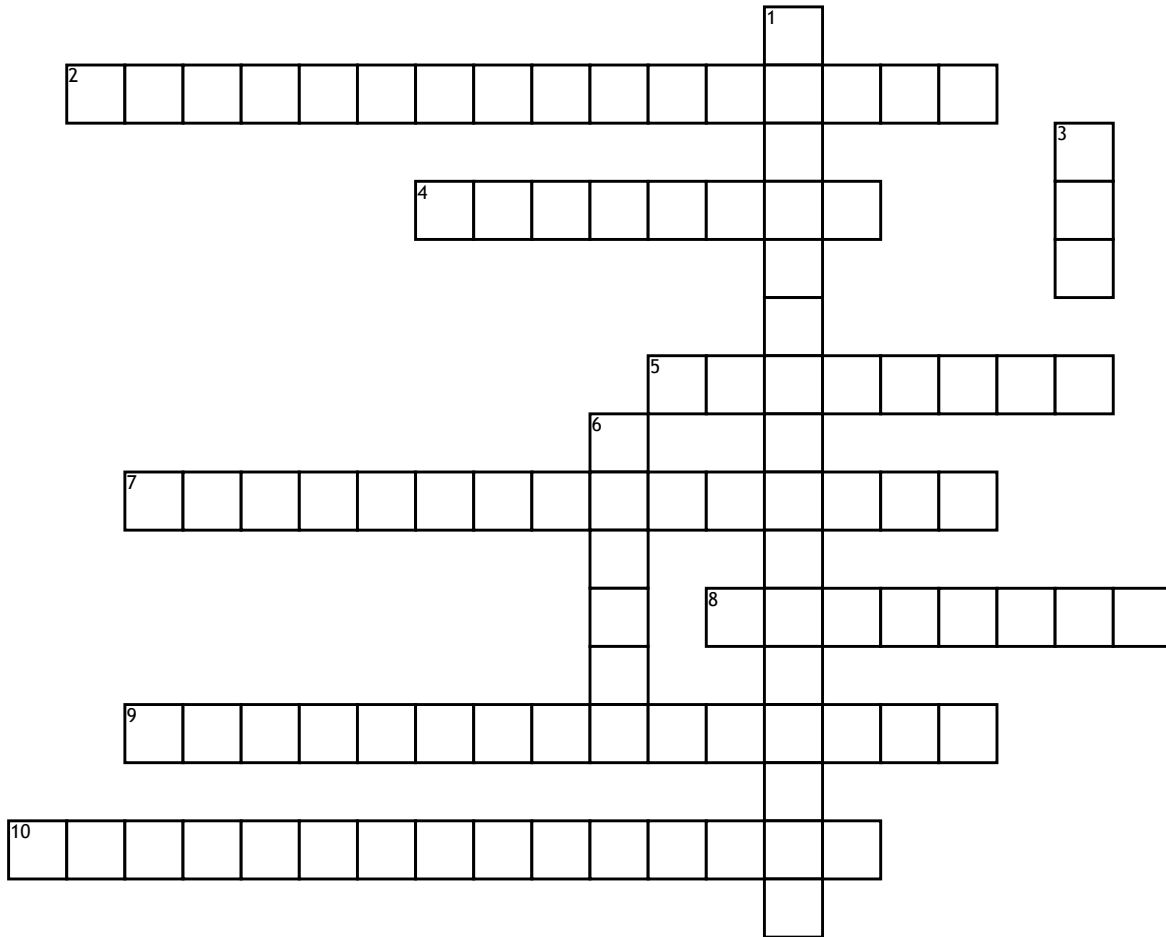


Team Sports Final Crossword Puzzle



Across

- 2. The total amount of weight lifted by a person determines this.
- 4. A disease that occurs when the body can't break down glucose properly.
- 5. Hydrogenated Oils
- 7. The ratio of fat to muscle, bone, and other tissues that compose your body.
- 8. Examples of these are low-carb diets, liquid diets, and fasting.

- 9. Incorporates cardiovascular training into your weight training by taking short rest time between exercise sets.

- 10. An important part of getting maximum benefits of any exercise.

Down

- 1. Training in which an athlete alternates between two activities.
- 3. Refers to frequency, intensity, and time.
- 6. A sport played with 11 players from each team on the field at once.