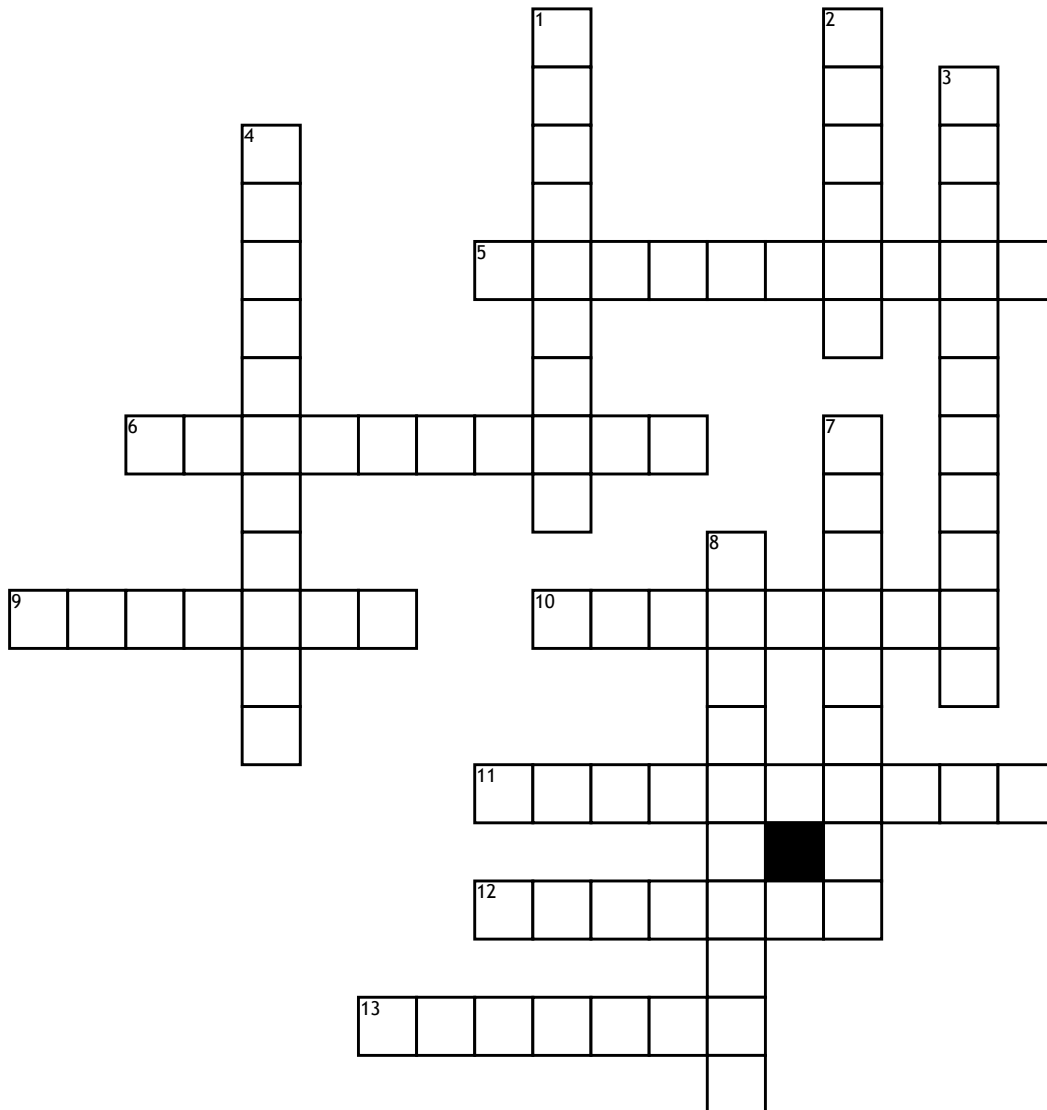


Weight Training



Across

5. help perform, the same set of joint motion as the agonists
6. a muscle whose action counteracts that of another specified muscle
9. The degeneration of muscles
10. connects two bones or cartilages or holds together a joint

11. A muscle fiber that provides endurance rather than strength, can contract slowly

12. a muscle whose contraction moves a part of the body directly

13. Endurance exercise involving oxygen

Down

1. Quick exercises that do not need free oxygen

2. fibrous collagen tissue attaching a muscle to a bone

3. a weight used in weightlifting that is not attached to an apparatus

4. the enlargement of an organ or tissue from the increase in size of its cells.

7. Muscle that aids a prime mover in a movement and helps prevent rotation.

8. A muscle fiber that provides power rather than endurance