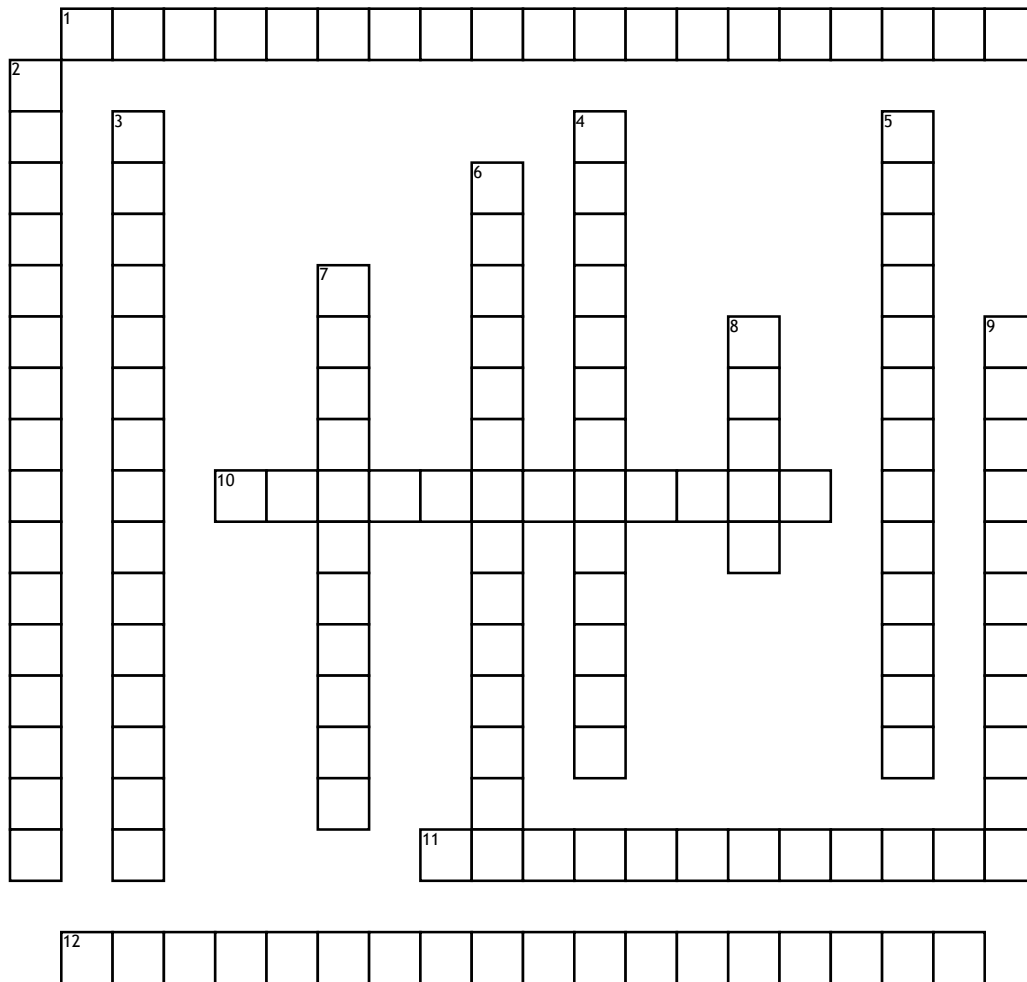


effects of exercise



Across

1. when lactic acid gathers in the muscles/ blood

10. the amount of blood pumped out of the heart in one beat

11. the time taken for the heart to return to its resting heart rate after exercise

12. the heart increases in strength and size

Word Bank

stroke volume

cramp

hypertrophy

lactate accumulation

Down

2. the effects exercise can have on your body for a short period of time

3. the effects exercise has on your body after a long period of time

4. ? = stroke volume x heart rate

5. leaves muscles feeling weak, painful and tired

6. BPM

7. muscles increase in size

8. severe type of muscle fatigue

9. the amount of air inspired and expired with each normal breath

short term effects

cardiac output

beats per minute

tidal volume

cardiac hypertrophy

muscle fatigue

long term effects

recovery rate