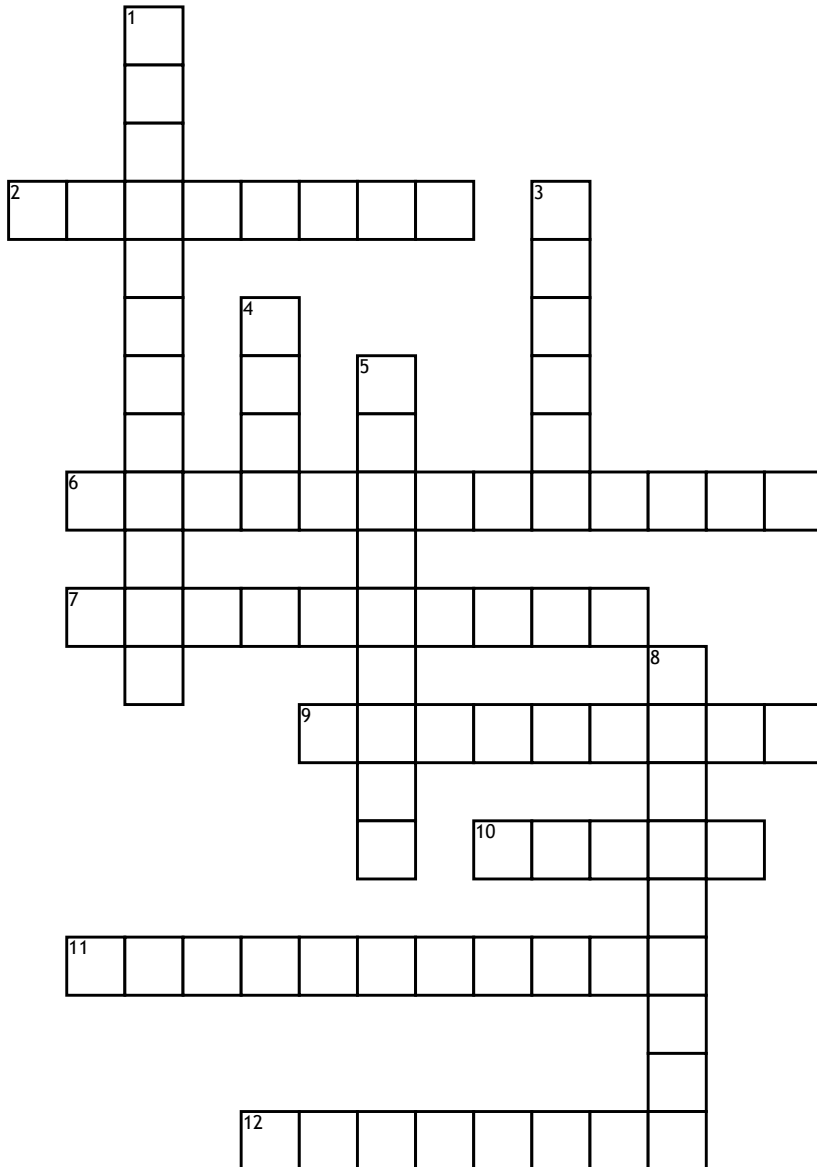


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# plyometrics



## Across

2. The ability of a muscle or muscle group to exert force to overcome the most resistance in one effort is

6. The body's involuntary response to an external stimulus that stretches the muscle is

7. What phase of the stretch-shortening cycle involves the shortening of agonist muscle fibers?

9. The number of sessions per week is

10. The amount of work performed per unit of time is

11. Quick, powerful movements using prestretch or counter-movements is

12. The time between repetitions, sets and workouts is

## Down

1. Phase II of the stretch-shortening cycle is called

3. The number of repetitions and sets is

4. The body region performing the given exercise is the

5. What phase of the stretch-shortening cycle involves preloading the agonist muscle?

8. The amount of stress placed on involved muscles, connective tissues and joints is