

Name: _____

Date: _____

short term effects

O O D C E N S L Z O B F P V H B A E O C W K F X
X S H M B J R H E M U L O V E K O R T S T D M Z
P E G E M A I O T F L O X G E S N S W T W B L B
P L U N D G Q S X E X V K S J P Y J D C H H M W
F C G Q H T Y H E S P Z I O K R O T Y E Y S U K
Q S J J P L M O T Q S C G R G I Q W F X R W S I
T U U L V N D R L Q R Q Q I Y N D F F O P E C M
P M P F F E B T P E Q B X Z A T X X Q Y M A L E
P L A A G P Q T X A G L O Y C N V J R I Y T E D
T A H U U L Y E W R E Y L R I I I S K Q B I S P
J T G T M M V R R T C K M O P L B L P D U N T U
J S W A S M D M B I P H T T F A J O E D X G I O
R O S F I R R R V S Y I B A C C U T R Y H R R U
H C U L K O I Y D H Y E E R H T Y J U E M I E Q
A R O O O X Z X E F W G D I G I L Z R L N X X O
Q E R P E N A P Q V J E N P Q C D Q M W T A Q P
C T W Z B P G B U K Y E E S C A K H L M P D X X
H N G O D C T J M J M U G E T C J T E N K O J S
T I A U G Z A P U A J W Y R C I A Q Z Z O E Q N
M I V U D F N S Y M W N X T M D N E Z H N T I J
I Q R I F Y H H A G P E O G K J D W Z T B Q X W
T U K J O W U G D I A F A C E R E D D E N S N H
T L Y Q P J Z B G O Q F Q I A W G Z I S X A V A
P E L W V Y F C A R D I A C O U T P U T I L E D

intercostal muscles
face reddens
respiratory
high jump
exercise

cardiac output
muscles tire
lactic acid
long jump
sweating

stroke volume
oxygen debt
short term
anaerobic
sprint