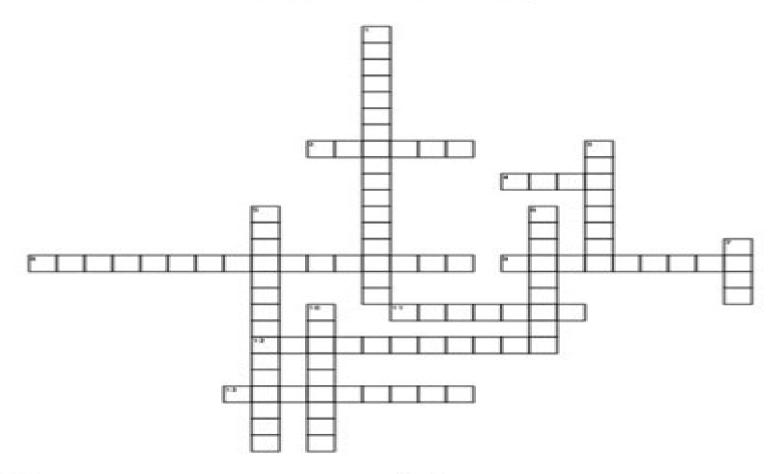
Physical Activity



Across

[2] the ability of the heart and lungs to provide oxygen to the working muscles for a long period of time.

[4] How long you train

[8] the ability of the muscle or muscles to push or pull with maximum force.

[9] Involving little physical activity.

[11] Body uses axygen to work the muscles

[12] the muscles ability of the muscles to move a joint through a full range of motion.

[13] Body does not use oxygen to work the muscles-

Drown

[1] the ability of the muscles to repeat a movement or hold a position for a long period of time.

[3] form of movement that causes your body to use energy.

[5] ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands.

[6] How hard you train

[7] What kind of workout

[10] How often you train.

Physical Education 12 Crossword Answers

L Darling-Hammond

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