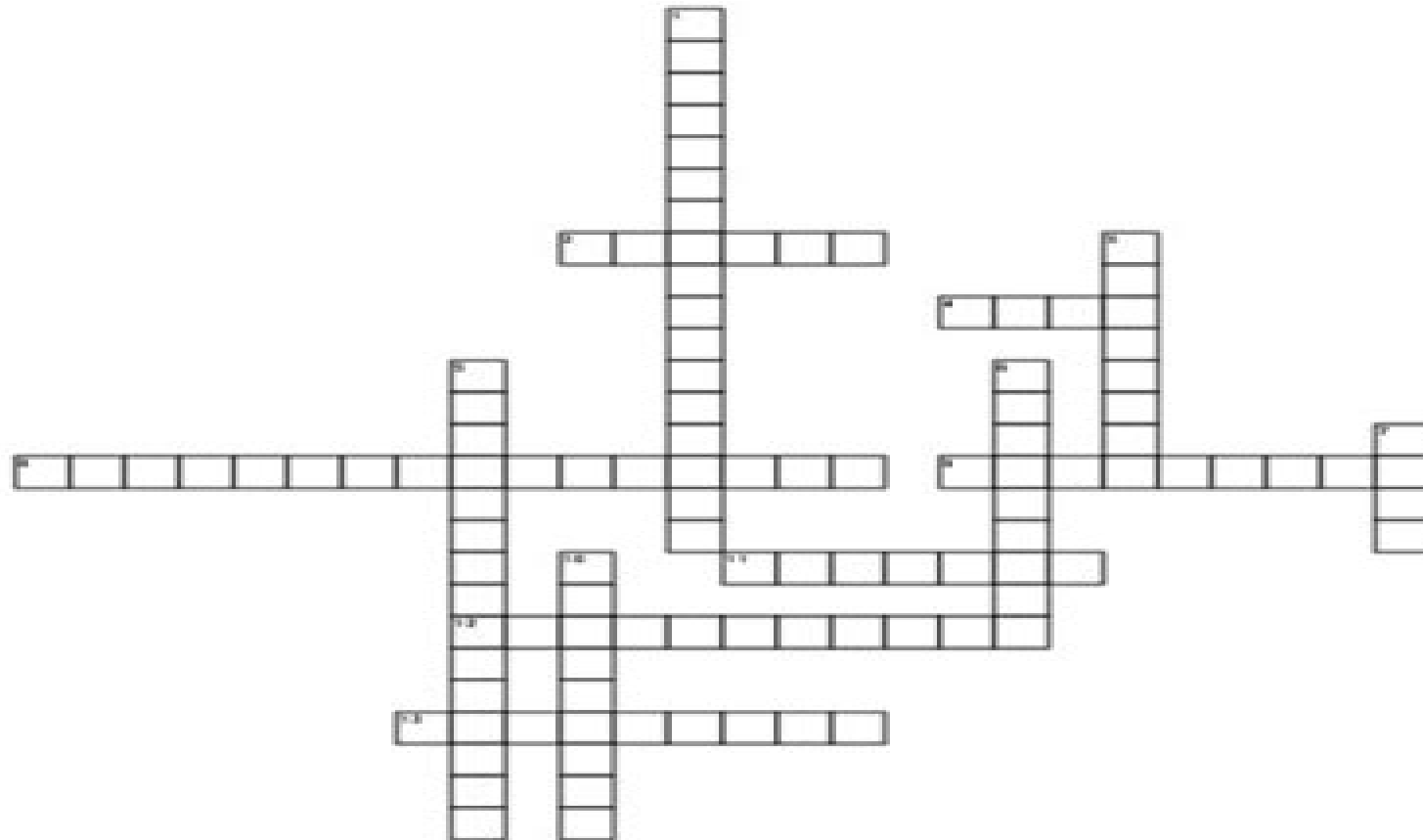


Physical Activity



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
- [6] the ability of the muscle or muscles to push or pull with maximum force.
- [9] Involving little physical activity.
- [11] Body uses oxygen 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.

Down

- [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.

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Padhraic Smyth



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