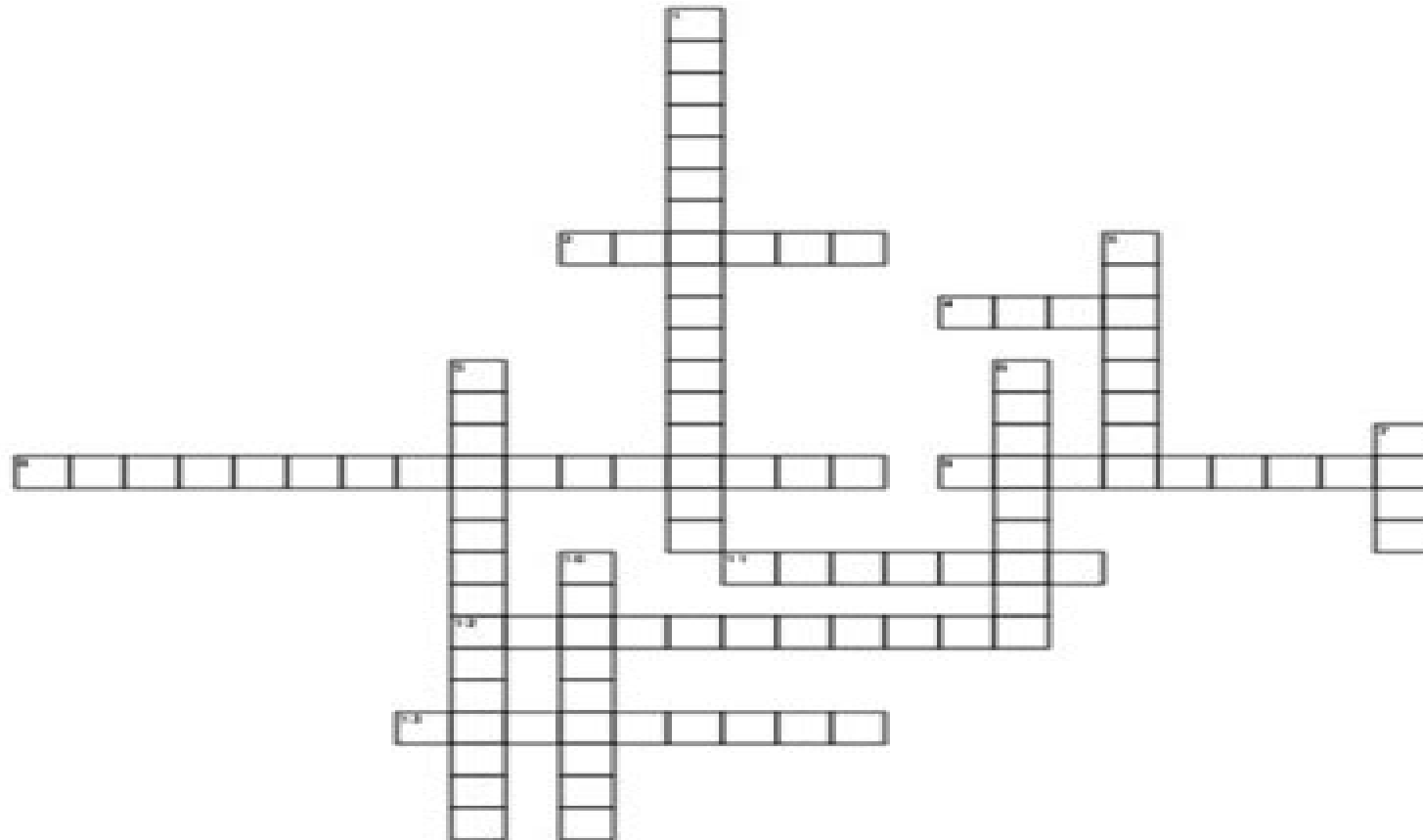


Physical Activity



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.

Physical Education 12 Crossword Answers

AW Rasmussen



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Physical Education 12 Crossword Answers Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Physical Education 12 Crossword Answers**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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