Aerobic/Anaerobic Exercise

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| **Across****2.** Do you need Oxygen for Anaerobic Exercise ?**5.** How long does Anaerobic Exercise usually take ?**6.** What are the By-Products of Anaerobic Exercise ?**7.** What are the By-Products of Aerobic Exercise ?**9.** What are the Fuels used for Aerobic Exercise ?**10.** What Intensity is Anaerobic Exercise ? | **Down****1.** Give a Sporting Example of Anaerobic Exercise**3.** Give a Sporting Example of Aerobic Exercise**4.** What is the Fuel used in Anaerobic Exercise ?**8.** Which Type Consists of Low Intensity for Long Periods of Time ?  |