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 ? |