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Chapter 7 Vocabulary

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| **Across**  **1.**  uses the momentum of a moving body or a limb in an attempt to force it beyond its normal range of motion  **4.** a form of strength training, aims to prevent injuries before the actual occurrence  **8.** regular physical training in aerobic activities over an extended period of time  **12.** common practice for increasing range of motion  **14.** made up of a motor neuron and the skeletal muscle fibers innervated by that motor neuron's axonal terminals  **15.** form of exercise that will allow you to have productive training sessions without having to rely on any equipment at all  **16.** capacity of a joint or muscle to move through its full range of motion  **18.** waste away, typically due to the degeneration of cells  **19.** is a method of increasing the ability of muscles to generate force  **20.** form of physical exercise in which a specific muscle is flexed or stretched in order to improve the muscle's felt elasticity  **21.** the enlargement of an organ or tissue from the increase in size of its cells  **22.** good for rapid movements like jumping to catch a ball or sprinting for the bus  **23.** the action of restoring someone to health or normal life through training and therapy | **Down**  **2.**  involve movement and are usually implemented during an active warm-up for a higher intensity activity  **3.** form of body conditioning or resistance training using high-intensity aerobics  **5.** in order to improve, athletes must continually work harder as their bodies adjust to existing workouts  **6.** provides a variable resistance to a constant limb movement  **7.** what you do in the gym should be relevant and appropriate to your desired outcome  **9.** process of the body getting accustomed to a particular exercise or training program through repeated exposure  **10.** can work for a long time without getting tired  **11.** type of strength training in which the joint angle and muscle length do not change during contraction  **13.** a stretch is held in a challenging but comfortable position for a period of time, usually somewhere between 10 to 30 seconds  **17.** dictates that athletes lose the beneficial effects of training when they stop working out |