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Developing Physical Fitness

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| **Across****3.** To perform well in sports and other physical activities, you use agility, balance, coordination, reaction time, speed, and power, which are six...**6.** A period of easy physical activity that helps prepare your muscles for moderate to vigorous activity...**7.** The time it takes a person to respond to something noticed by the senses...**8.** The ability to move quickly...**9.** How many areas of physical fitness are there?**10.** The ability to perform well in sports and other physical activities... | **Down****1.** A description of physical activities and exercises you will do to maintain and improve your fitness level...**2.** Identify an exercise used to measure abdominal strength and endurance.**4.** What reach tests the flexibility of the lower back and hamstrings?**5.** A number of times an exercise is performed... |