Fitness and Exercise

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| **Across**  **1.** Name the main muscle group involved in the leg extension machine  **3.** Name the machine that exercises the hamstrings  **4.** Name the piece of equipment used in a bench press  **8.** What is the name given to an individual who helps you perform a weighted exercise?  **9.** The maximum amount an individual can push or pull  **12.** A combination of strength and speed  **13.** Who would you most associate the character 'Baloo' to?  **15.** Name the main muscle used on the lat pull down machine  **16.** Ability of muscles to contract for a long period of time | **Down**  **2.** Ability to change direction quickly and under control  **5.** Name the greatest English football club  **6.** What muscle group is used on the chest press machine?  **7.** What should happen in the second stage of a warm up?  **10.** What is the first section of a warm up called?  **11.** Name the main muscle used in a shoulder press  **14.** Who's going to win the golden boot this season? |

   strength       Muscular Endurance       power       barbell       deltoid       quadriceps       latissimus dorsi       pulse raiser       leg curl       pectorals       Spotter       stretches       Liverpool       Mo Salah       agility       Stuart