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