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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_ | Period: \_\_\_\_\_\_\_ |

PE TERMS

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| W | O | P | **R** | V | G | **I** | **S** | **O** | **T** | **O** | **N** | **I** | **C** | A | G | W | M | Q | F | E | F | **H** | U |
| L | K | **M** | **E** | A | P | H | A | E | C | P | Y | **I** | G | P | I | F | G | S | M | U | **T** | L | V |
| **C** | R | **U** | **S** | T | D | N | A | B | L | R | **T** | K | Z | X | K | M | Y | X | Y | **G** | **R** | V | **C** |
| **A** | **S** | **S** | **P** | W | C | K | N | H | H | **E** | R | V | C | J | G | M | V | C | **N** | **A** | D | **A** | B |
| **R** | **C** | **C** | **I** | Q | R | R | T | L | **N** | K | I | N | L | Z | N | D | W | **E** | **N** | S | **R** | D | B |
| **D** | **I** | **U** | **R** | V | U | X | G | **I** | **N** | **A** | S | S | Z | F | D | D | **R** | **G** | K | **D** | L | B | **F** |
| **I** | **R** | **L** | **A** | H | I | D | **K** | **I** | O | **E** | K | G | K | P | D | **T** | **E** | I | **I** | K | G | **L** | R |
| **O** | **T** | **A** | **T** | E | Z | **O** | **E** | M | V | **R** | K | F | C | G | **S** | **O** | **Y** | **O** | E | O | **E** | Z | R |
| **V** | **E** | **R** | **O** | E | **S** | **V** | B | X | H | **O** | D | H | T | **R** | **F** | **R** | **V** | **A** | M | **X** | A | D | L |
| **A** | **M** | **E** | **R** | **I** | I | X | F | N | L | **B** | X | W | **A** | **M** | **E** | **A** | **N** | F | **I** | J | I | Q | G |
| **S** | **O** | **N** | **Y** | B | A | I | R | B | G | **I** | J | **L** | **O** | **V** | **S** | **A** | W | **B** | Z | T | I | S | Z |
| **C** | **Y** | **D** | **S** | X | I | S | J | R | B | **C** | **U** | **T** | **O** | **C** | **E** | L | **I** | O | V | P | D | M | C |
| **U** | **L** | **U** | **Y** | N | H | F | Z | T | C | **C** | **I** | **C** | **U** | **R** | K | **L** | N | B | V | Q | M | U | V |
| **L** | **P** | **R** | **S** | M | V | K | U | T | **S** | **O** | **E** | **L** | **O** | K | **I** | O | P | M | Z | R | M | K | T |
| **A** | G | **A** | **T** | J | I | U | B | **U** | **N** | **R** | **A** | **B** | K | **T** | M | X | G | U | H | Z | F | O | C |
| **R** | S | **N** | **E** | L | W | Z | **M** | C | **D** | **R** | **I** | J | **Y** | H | V | F | Y | H | S | D | C | D | S |
| **S** | L | **C** | **M** | **A** | N | W | V | **N** | **F** | **C** | **A** | **L** | **I** | **S** | **T** | **H** | **E** | **N** | **I** | **C** | **S** | U | Q |
| **Y** | D | **E** | U | M | **R** | T | **A** | **I** | J | R | U | C | X | V | T | Y | W | V | B | R | Z | P | U |
| **S** | Z | V | P | W | H | **T** | **T** | **E** | **T** | **A** | **R** | **T** | **R** | **A** | **E** | **H** | **L** | **A** | **M** | **I** | **X** | **A** | **M** |
| **T** | N | H | F | G | **S** | **N** | **E** | T | M | C | S | C | O | W | I | G | C | N | H | T | B | Z | S |
| **E** | V | I | K | **E** | **E** | Y | W | **R** | D | V | P | I | H | K | **I** | **S** | **O** | **M** | **E** | **T** | **R** | **I** | **C** |
| **M** | Z | Q | **R** | **S** | T | P | L | W | **Y** | A | O | V | W | D | I | O | K | B | B | R | J | T | M |
| A | X | D | **S** | V | Y | C | K | **Y** | **T** | **I** | **L** | **I** | **B** | **O** | **M** | **R** | **E** | **P** | **Y** | **H** | P | H | H |
| F | R | T | B | N | P | R | **O** | **N** | **E** | **R** | **E** | **P** | **E** | **T** | **I** | **T** | **I** | **O** | **N** | **M** | **A** | **X** | Q |

   rest and recovery       maximal heart rate       isokinetic       isometric       anaerobic        aerobic       vein       artery        cardiovascular system       respiratory system       cardiovascular fitness       one repetition max       calisthenics       plyometrics       hypermobility       range of motion        isotonic        muscular endurance        muscular strength        flexibility