Physical Fitness

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| **Across**  **2.** This type of exercise exerts resistance against a muscle as it moves through a motion at a steady rate  **5.** Over working the body  **7.** There are how many elements of fitness?  **8.** This type of exercise is intense, has short bursts of activity working your muscles so hard they produce energy without oxygen  **10.** Physical activity that is planned, structured, and repetitive  **11.** Overstretching and tearing a muscle  **12.** Means working out on a regular basis | **Down**  **1.** Uses muscle tension to improve strength with little or no movement of the body parts  **3.** The ability to move your body parts through their full range of motion  **4.** The letter "C" in the acronym P.R.I.C.E stands for?  **6.** Exercising at a level that's beyond your regular daily activities  **9.** This type of exercise involves rhythmic activities that use large muscle groups for an extended period of time. |