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Physical Fitness and Your Health Ch.3

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

   Resting heart rate       Cool down       Warm up       Specificity       Progression       Overload       Cross training       Isokinetic exercise       Isotonic exercise       Isometric exercise       Anaerobic exercise       Aerobic exercise       Calories       Basal metabolism       Metabolism       Sedentary lifestyle       Cardiorespiratory       Muscular endurance       Muscular strength       Flexibility       Body composition       Physical fitness