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Principles of Exercise Training

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| **Across****2.** What is the rate of performing work?**3.** What is a way to measure anaerobic power?**9.** What is a way to measure aerobic power?**10.** Is bench press aerobic or anaerobic?**11.** What aerobic activity consists of oxidative system (oxidative phosphorylation) **12.** What is the rate of energy release by oxygen-dependent metabolic processes?**13.** What aerobic activity consists of glycolytic (non-oxidative; substrate level phosphorylation) pathway? | **Down****1.** What is the maximal force that a muscle or muscle group can generate?**4.** Consists of repeated bouts of high-to-moderate intensity exercise interspersed with periods of rest or reduced-intensity exercise**5.** What is the capacity to perform repeated muscle contractions over time?**6.** What is the rate of energy release by oxygen-independent metabolic processes?**7.** What do training goals create?**8.** What aerobic activity consists of ATP-PCr (non-oxidative; substrate level phosphorylation) pathway? |