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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? |