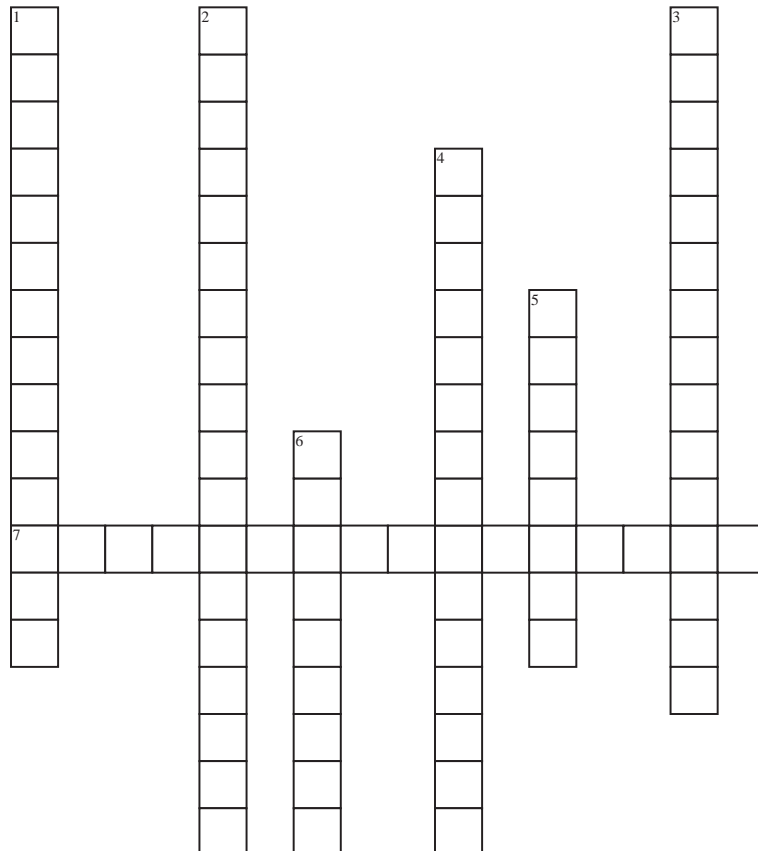


Assessment

Different Ways to Train

Name _____

Crossword Puzzle



Across

7 Training involving periods of work followed by periods of rest

Down

- 1 Training using actual weights lifted or number of times a weight is lifted
- 2 Training with brisk walking and graduate to jogging
- 3 Training with combination of fast and slow running
- 4 Training involving different exercises to exercise different muscle groups
- 5 Vigorous exercise designed to increase heart rate and oxygen intake
- 6 Repeated sprint running or swimming

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