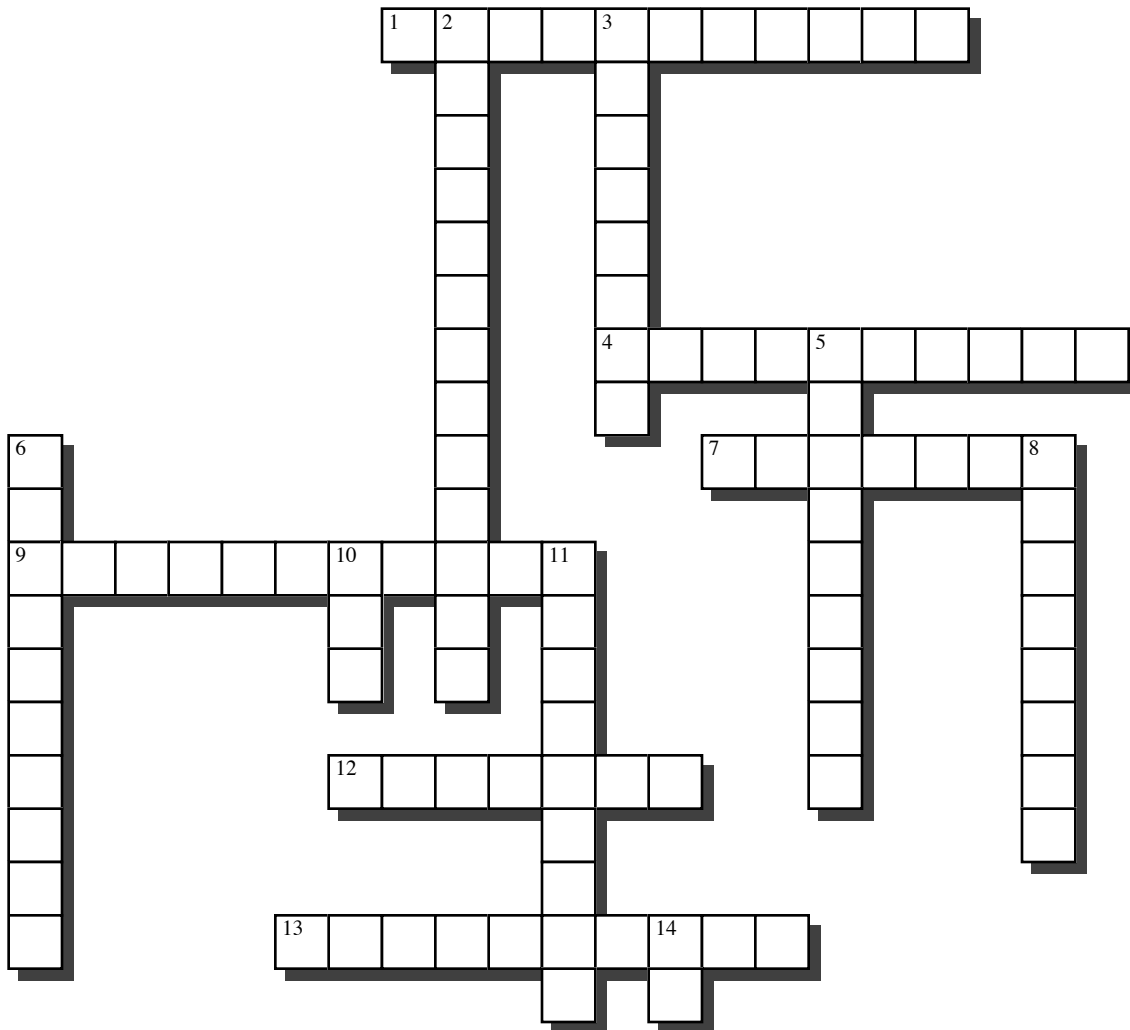


# Chap 14-Muscular Fitness

Instructions: Fill in each answer by answering the clues below.



## Across Clues

1. work the exact muscle group that you wish to develop (11)
4. Training in which the length of the muscle changes while the contraction is performed at a constant speed (10)
7. someone who assists the weightlifter (7)
9. Beginning with 8 repetitions, increasing to 10 or 12 is an example of .... (11)
12. an exercise program which works the core muscles (7)
13. type of exercise used to develop explosive strength (10)

## Down Clues

2. varying the training program at regular time intervals (13)
3. A muscle contraction involving shortening and lengthening of the muscles and movement at a joint (8)
5. A static muscle contraction against an immovable resistance (9)
6. The number of repeated lifts or movements performed (10)
8. a minimum of 48 hours of rest is necessary between workouts to allow the muscle group ...time (8)
10. In weight training, a group of successive repetitions without rest (3)
11. eccentric muscle contractions (9)

# Chap 14-Muscular Fitness

Instructions: Fill in each answer by answering the clues below. (Page 2)

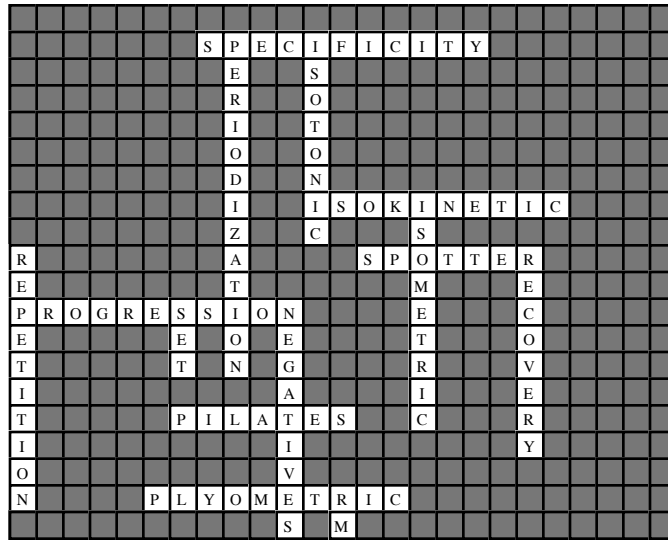
## Across Clues

## Down Clues

14. the most weight you can properly lift through the full range of motion one time is one ... (2)

# Chap 14-Muscular Fitness

## Puzzle Solution



### ACROSS:

1.SPECIFICITY 4.ISOKINETIC 7.SPOTTER  
9.PROGRESSION 12.PILATES  
13.PLYOMETRIC

### DOWN:

2.PERIODIZATION 3.ISOTONIC  
5.ISOMETRIC 6.REPETITION  
8.RECOVERY 10.SET 11.NEGATIVES  
14.RM