

# Training Types And Methods Crossword Puzzle

## Across

2. This muscle is stretched by a bouncing action beyond normal range.

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3. A combination of dance, gymnastics and flexibility activities usually completed to music.

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4. The muscle is slowly stretched and held in position for approximately 30secs.

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7. Sustained effort lasting for more than 20mins.

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9. Static contractions when tension develops but the muscle does not lengthen.

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10. Combining several high intensity bouts of activity with short recovery periods.

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11. Completing a succession of activities involving different movement patterns and muscle groups.

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13. Training \_\_\_\_\_ is the amount or intensity of exercise required to produce and improve your fitness level.

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15. Stretch muscle in a static way, then stretch further by pushing up against an object or person.

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## Down

1. Short burst of efforts performed at a high intensity with rest breaks.

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5. Performed at 70 - 85% of maximum heart rate which is sustained over a period of time.

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6. Involves muscular contractions done at a constant speed through the whole range of movement, performed on specialized machines.

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8. Dynamic contractions where the muscle length changes as the weight is taken through the full movement.

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12. Combination of interval training and continuous training. Involves variation in speed.

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14 Use of resistance to build strength endurance and increase

17. Use of resistance to build strength, endurance and increase muscle size.

