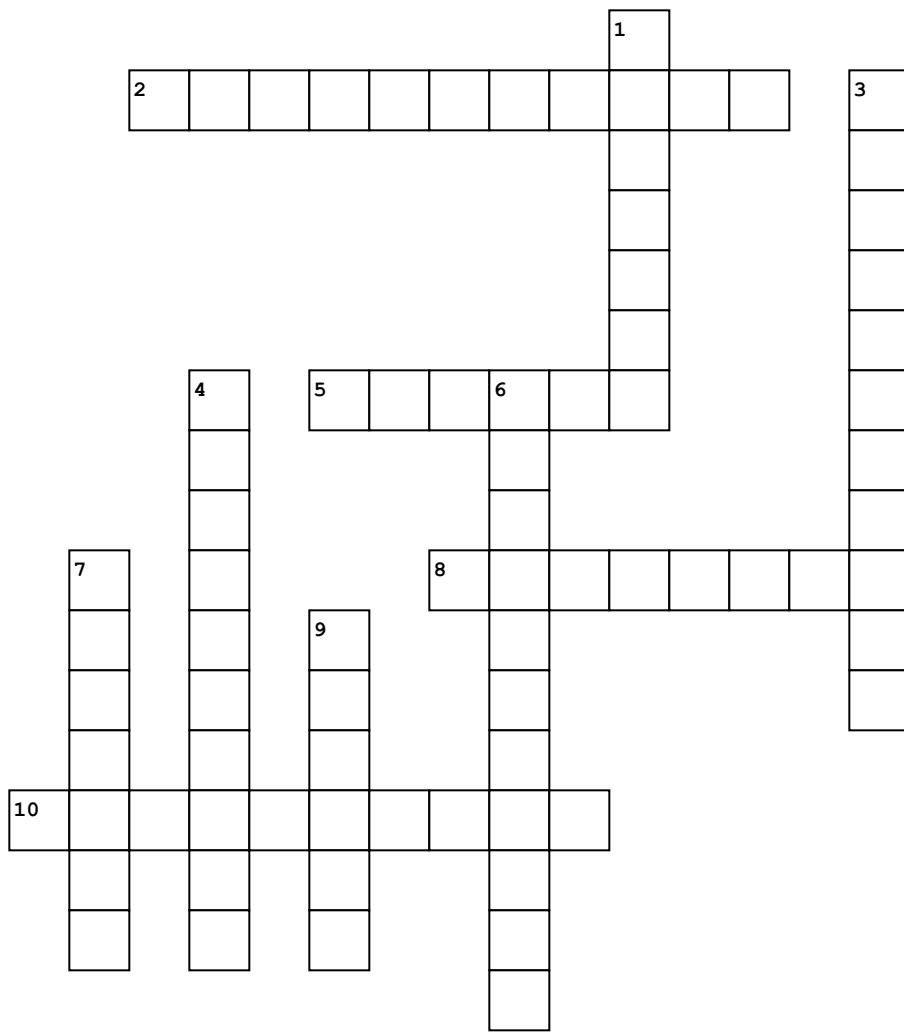


# fitness components



## Across

2. training, a movement or position designed to stretch specific muscles, with the goal of increasing flexibility and range of motion in that specific area.
5. training, the use of resistance to muscular contraction to build strength, anaerobic endurance and size of skeletal muscles.
8. training, a series of repeated rounds of exercise, ranging from several minutes to just a few seconds.
10. training, a type of exercise training that uses speed and force of different movements to build muscle power.

## Down

1. training, a combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time.
3. a team sport in which two teams, most commonly of five players each, opposing one another on a rectangular court, compete with the primary objective of shooting.
4. training, a form of exercise that is performed at a 'continuous' intensity throughout and doesn't involve any rest periods.
6. type of sport that includes physical exercises requiring balance, strength, flexibility, agility, coordination, and endurance.
7. training, varying the intensity or speed of your run to improve your fitness and endurance.

**9.** Agility and Quickness training, a system of dynamic movement and guidelines when create the important of motor abilities to enhance the ability of the individual to be more skillful in faster movement.