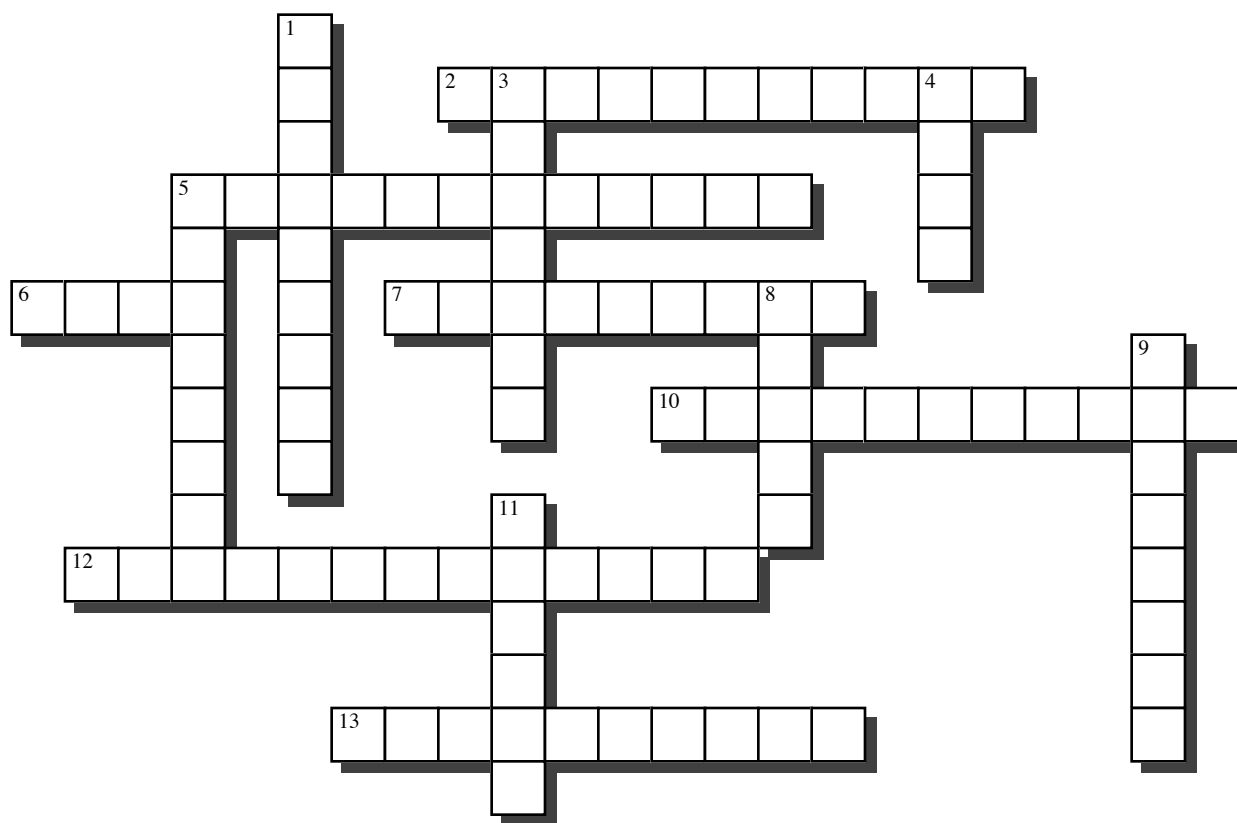


# Chap 6 - Training for Fitness

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



## Across Clues

- improvement will only occur in that fitness area each exercise is designed to improve (11)
- participation in any physical activity at very high intensity levels or for unusually long periods of time (12)
- the kind of activity a person chooses for each area of his or her training program (4)
- How often - that is, the number of times per day or week - an activity is performed (9)
- Gradual increase in exercise or activity over a period of time (11)

## Down Clues

- Placing an increasingly greater workload on the body until it adapts (9)
- A period in which one's performance remains stable and shows little change (7)
- Refers to the duration of the exercise training session (4)
- One of the principles of training which relates to making increased demands upon the body (8)
- the combination of two or more types of exercise in one workout or using different exercises alternately in successive workouts is ...training (5)
- The tapering off period after completing the conditioning phase of training. It usually consists of walking, slow jogging and stretching (8)

# Chap 6 - Training for Fitness

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

## Across Clues

12. the principle of training that states that a training program must be based on an individual's goals and objectives for physical activity and fitness (13)
13. the principle of training based on the concept that you must perform physical activity on a regular basis (10)

## Down Clues

11. The beginning phase of the training session in which the body is prepared for a workout (6)