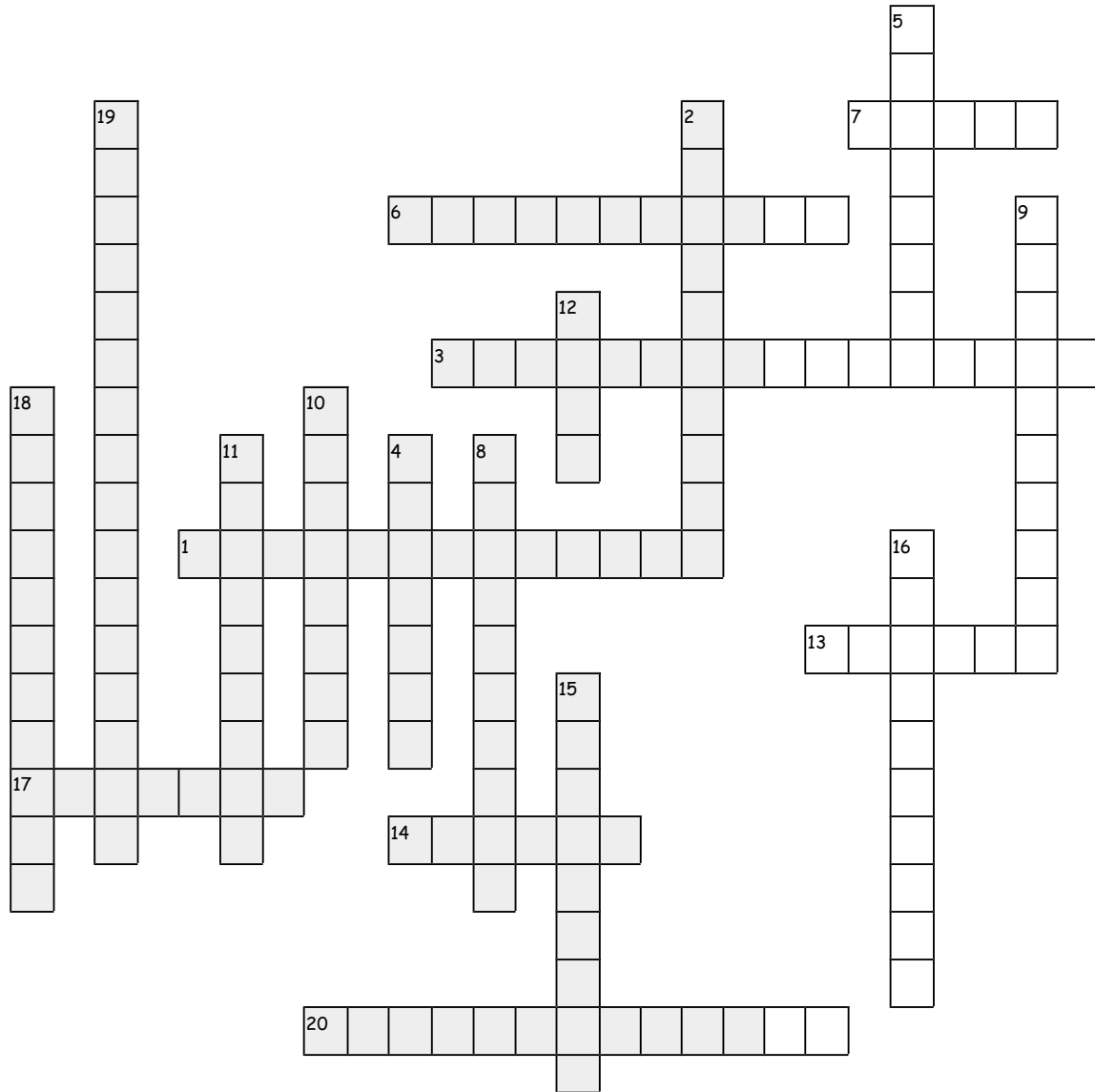


Gr. 10 Weight Training Terms & Muscles Crossword Puzzle

Please complete the crossword puzzle below



Across:	Down:
<p>1. Calf Raises build this muscle.</p> <p>3. If you do pull-ups you will build this muscle.</p> <p>6. To maintain a certain level of fitness, training must be at the same training intensity 1-2 times per week.</p> <p>7. Different timing counts when lifting weights.</p>	<p>2. A group of four muscles on your leg.</p> <p>4. A person who provides you with safety, encouragement and rests while doing it.</p> <p>5. This principle states that you need to shock your muscles to prevent plateauing.</p> <p>8. A contraction that shortens the muscle</p> <p>9. Leg curls will build this.</p> <p>10. Performing giants will tax these muscles.</p> <p>11. Doing shrugs will build this muscle.</p> <p>12. Apply this principle when designing your work out.</p> <p>15. A contraction that elongates the muscle.</p> <p>16. Push ups will build this muscle.</p> <p>18. The number of hours you should rest before working the same muscle.</p> <p>19. Crunches will build this muscle.</p>
<p>13. We do curls for the girls</p> <p>14. If you do dips, you build this muscle.</p> <p>17. If you do lunges you will use this as a secondary muscle.</p> <p>20. After 2 weeks you start to lose your gains.</p>	