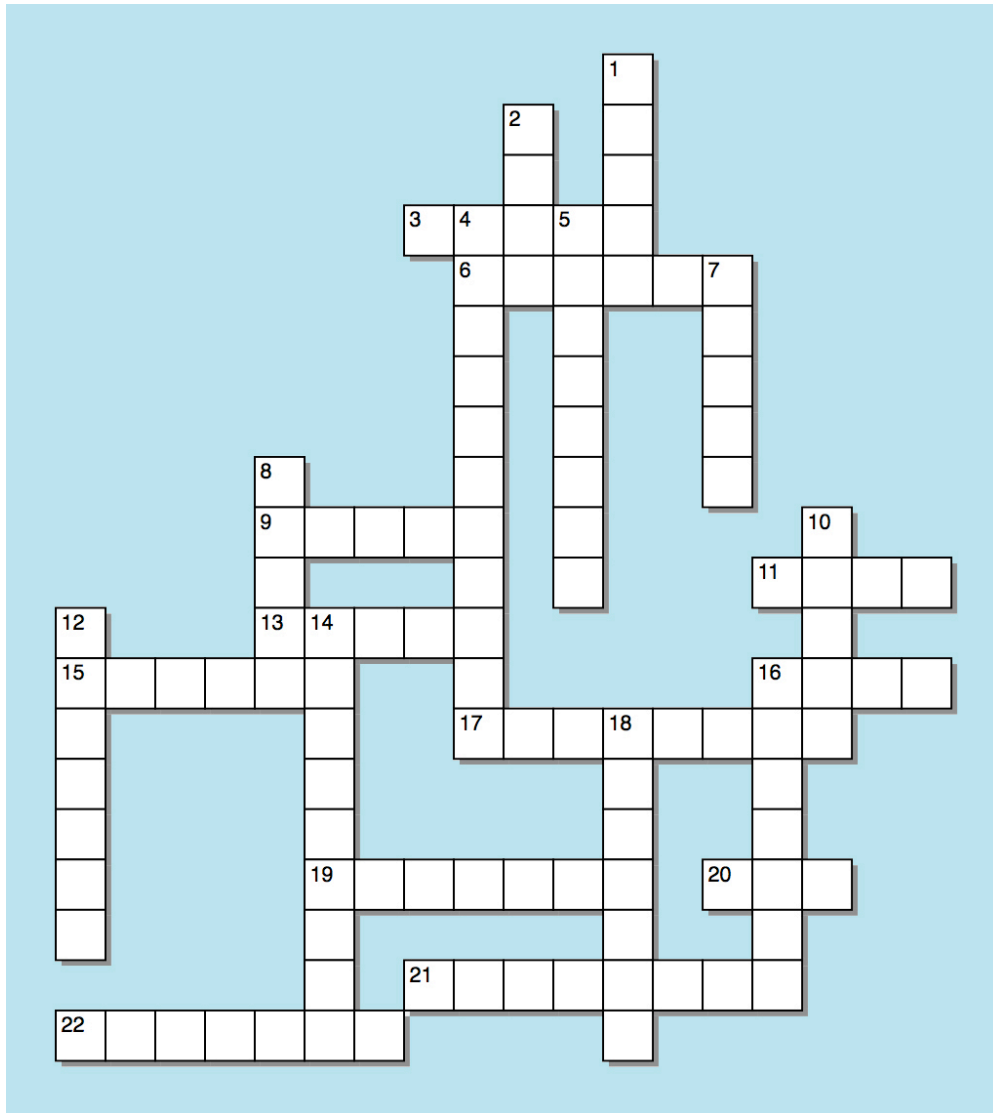


CROSSWORD

AEROBICS

Name: _____ Date: _____



ACROSS

- The leg _____ extends the legs at the knees
- The term used to describe the straightening of your arm or leg
- This organ is one part of the cardiovascular system
- The arm _____ flexes the arms at the elbows
- The intensity of the workout can be increased by increasing the _____ of the music
- Aerobics conditions the cardiovascular system by increasing the ability to use this
- He wrote a book on aerobics and running
- A specific exercise produces this type of result
- This exercise conditions the cardiovascular system
- These muscle fibers contract more slowly
- This is one popular brand of exercise machine
- They are made of two types of fibers

DOWN

- Target _____ rate
- The term used for describing the bending of an arm or a leg
- You can achieve your target pulse rate by varying the number of these
- This type of training works primarily with the white muscle fibers
- One can make jumping jacks a _____ movement
- These muscle fibers do not require as much oxygen
- This accompanies aerobic dance
- This was one of the most popular forms of aerobic exercise in the early years of aerobics
- If you just train for strength, you will not improve this
- Aerobic exercise became part of this movement in the 1970s
- This type of training involves moving from one exercise machine to another with little rest

WORD SEARCH**AEROBICS**

Name: _____ Date: _____



Find these words in the above puzzle. Circle the words.

- | | | |
|----------------|------------|-------------|
| Aerobics | Weights | Cooper |
| Exercise | Oxygen | Jogging |
| Cardiovascular | Muscle | Pulse |
| Trainers | Resistance | Training |
| Dance | Heart | Repetitions |
| Sets | Lungs | Shoes |
| | | Running |

WORD SCRAMBLE**AEROBICS**

Name: _____ Date: _____

RNNEUEADC

IOMONT

UCLSME

PCTMAI

SRPE

NHSRETGT

CEDNA

ORDCAI

ELPUS

TSINESF
