

Training and Injuries

Hard · 16 × 16 · 18 words · every direction, backwards too

I	T	O	C	I	R	T	E	M	O	S	I	Y	D	Y	O
W	S	T	R	E	T	C	H	I	N	G	P	U	D	I	L
H	M	Y	F	U	N	R	I	E	T	Y	G	T	F	O	H
T	R	S	R	M	T	O	I	N	I	H	I	M	G	C	T
H	O	S	P	O	T	C	I	O	O	P	G	R	T	N	E
S	N	E	P	R	M	M	T	T	U	O	L	I	A	H	N
C	W	H	T	A	A	E	O	R	I	R	W	M	Y	P	D
O	O	C	A	N	S	I	M	O	A	T	N	P	A	I	I
N	D	I	T	T	T	M	N	E	W	A	E	E	C	P	N
C	L	R	C	V	R	T	S	O	L	R	T	P	F	U	I
E	O	T	S	D	A	O	L	T	T	C	T	H	E	M	T
N	O	N	C	T	I	S	O	R	E	D	S	C	O	R	I
T	C	E	T	N	N	T	O	N	V	A	A	U	E	A	S
R	A	C	C	R	U	P	A	I	M	H	A	E	M	W	H
I	O	C	A	H	H	H	C	T	I	W	T	T	S	A	F
C	T	E	L	Y	E	C	N	A	T	S	I	S	E	R	G

☐ HYPERTROPHY
☐ ATROPHY
☐ TENDINITIS
☐ STRAIN
☐ SPRAIN
☐ SPASM

☐ FAST TWITCH
☐ SLOW TWITCH
☐ ECCENTRIC
☐ CONCENTRIC
☐ ISOMETRIC
☐ RESISTANCE

☐ REPETITION
☐ WARM UP
☐ COOL DOWN
☐ STRETCHING
☐ MUSCLE MEMORY
☐ TONE

Training and Injuries: answer key

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