PE Make-Up (1 day option)

PLEASE DEFINE THE FOLLOWING TERMS RELATED TO FITNESS. (Please use a separate sheet of paper and please staple it to this one and then turn it in) **Must be hand written**

1. CARDIOVASCULAR SYSTEM-
2. HEART RATE-
3. RESTING HEART RATE-
4. TARGET HEART RATE-
5. RECOVERY HEART RATE-
6. MAXIMUM HEART RATE-
7. ANAEROBIC EXERCISE-
8. AEROBIC EXERCISE-
9. STATIC STRETCHING-
10. DYNAMIC STRETCHING