

Spelling List 25

racquetball	warm-up	exercise
handball	coordination	sprint
equipment	stadium	workout
fitness	muscle	stopwatch
weight training	muscular	athlete
treadmill	gymnastics	calisthenics
stationary bike	Olympics	Luke
perspiration	cross-country	John

cardiovascular: having to do with the heart and blood vessels

relay: a team race in which each runner goes part of the total

marathon: a long race or contest

triathlon: a race with three parts: running, swimming, and bicycling

decathlon: a contest consisting of ten track and field events

aerobics: exercises that help the body use oxygen efficiently

regimen: a routine, as of diet or exercise, that is strictly followed

cross-training: using a variety of physical activities to promote fitness

endurance: power to stand something without giving out

stamina: physical or moral strength to resist or withstand hardship