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|  | Ability *noun* : a skill or talent; the power to do something Achieve *verb* : to succeed in doing or gaining something, usually with effort Achievement *noun* : an accomplishment reached as a result of effort Active *adjective* : in a state of activity; having or requiring a lot of physical energy Activity *noun* : the quality of being active Adrenaline *noun* : a hormone made by the body that increases heart rate and energy in response to a strong emotion such as fear, anger, or excitement Aerobics *noun* : exercises that increases respiration and heart rate Agile *adjective* : able to move one's body quickly and accurately Agility *noun* : the ability to move quickly and easily Athlete *noun* : a person trained in sports, games, or other activities that require strength, speed, and skill Athletic *adjective* : strong and active Athletics *noun* : active games and sports that require strength, speed, and skill Biking *noun* : the activity of riding a bicycle Bounce *verb* : to spring back from a surface after hitting it Champion *noun* : a person who wins over all others Cheater *noun* : one who breaks rules for personal gain Clumsy *adjective* : awkward in the way one moves Confident *adjective* : sure of oneself; certain Contort *verb* : to twist out of shape Cooperation *noun* : working together toward the same goal Coordination *noun* : the ability of parts of things to work together smoothly Cycle *verb* : to ride a bicycle, tricycle, or motorcycle Cyclist *noun* : a bicycle rider Dash *noun* : a short running event Determined *adjective* : having one’s mind made up to do something Dumbbell *noun* : a short bar with weights at both ends Effort *noun* : hard work or a good try Endurance *noun* : the ability to make it through suffering and strain Endure *verb* : to live through something challenging Energetic *adjective* : active and excited Exercise *noun* : physical activity done for the purpose of being fit and healthy Exhausted *adjective* : very tired; worn out Exhaustion *noun* : extreme tiredness Feat *noun* : an amazing action or accomplishment Flexibility *noun* : the ability to bend without breaking; the ability to change as outside circumstances change Flexible *adjective* : able to bend without breaking Force *noun* : the strength or energy that moves an object Goal *noun* : something that one is trying to do or accomplish [Grueling](http://www.vocabularya-z.com/vocabweb/frontpage.do?topicId=294&addwordurn=1960) *adjective* : extremely difficult; exhausting Gymnasium *noun* : a room or building used for indoor sports or physical exercise and training Heart *noun* : a person's character or spirit Immobility *noun* : stillness; lack of movement Improve *verb* : to do something better than before Injure *verb* : to harm or damage a living thing Jog *verb* : to run slowly Muscle *noun* : a type of tissue that contracts and relaxes to allow the body to move Obesity *noun* : the state of being unhealthily overweight Outstanding *adjective* : exceptionally good; standing out from others Overcome *verb* : to win a victory or rise above something Pace *noun* : the speed at which something or someone moves, especially when walking or running Pedal *verb* : to move a bicycle forward by pushing its pedals Physical *adjective* : having to do with the body or with natural or structural aspects or features Physical education *noun* : a class in which students learn about exercise, sports, and health Posture *noun* : the way someone holds his or her body, especially while sitting or standing Power *noun* : physical strength or force Practice *verb* : to do something over and over again, often for the purpose of getting better at it Prepare *verb* : to make something or oneself ready Prevention *noun* : an act of stopping something from happening Program *noun* : a structured course of activities or training Pulse *noun* : the heartbeat as felt through the walls of blood vessels Quickly *adverb* : fast; with speed Repetition *noun* : the act of doing or performing something over again Roller-skate *verb* : to glide on a hard surface while wearing roller skates Somersault *noun* : an acrobatic move that involves rolling the body all the way around with knees bent, either on the ground or in the air Sprain *noun* : a painful injury to the ligaments of a joint Spring *verb* : to leap up or forward [Sprint](http://www.vocabularya-z.com/vocabweb/frontpage.do?topicId=294&addwordurn=1509) *verb* : to run or go as fast as possible, usually for a short distance Stamina *noun* : the strength or energy to do something for a long time Strain *verb* : to make a great effort or extend beyond one's ability; to push or pull hard against something Strength *noun* : physical power Strengthen *verb* : to make something stronger Strenuous *adjective* : requiring great effort, energy, or strength Stress *noun* : a state of physical or emotional tension; worry Technique *noun* : a skillful way of performing or doing something Tumble *verb* : to roll on the ground, sometimes by accident; to roll while doing gymnastics or acrobatics Workout *noun* : a session of intense physical exercise Yank *verb* : to pull on something suddenly and forcefully  |