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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 |