

Fitness Vocabulary Guide

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fitness 101 basic exercise and fitness terms - - New to the gym, but wondering some gym term means? In this post Personal Trainer Pamela Hernandez discusses some basic exercise and fitness terms.

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topic 1.1 introduction to physical activity (- Vocabulary (English) active aerobics Continuous, vigorous activities that get the heart beating fast enough to build cardiovascular fitness; for example, jogging

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fitness vocabulary - leverage fitness studio - Fitness Vocabulary. Free Weights: weights not constrained to specific or fixed movements, requiring effort from stabilizer muscles. Dumbbell: a short bar with weight

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fitness synonyms, fitness antonyms | - Synonyms and Antonyms of FITNESS 1 the condition of being sound in body Synonyms fitness

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