

Name: _____

Date: _____

Aerobics Vocabulary

R H B M Q S G W N D V H F F P Z C Q J X D N A E
Q C A Y T I V I T C A C I B O R E A Q U H X Q Y
A Q L F T Q Q R Q G D A P R V S K F A V X E T P
V X A D L P B D Y N U K R W Q F C F N M D I F K
V B N E R Z J C N I H R T E U R A G S U L I O D
K T C R K X N S P N U V F I H I F U G I T I V D
L E E G V W U U J I T U E N E T H Y B T W R Y K
D C B O D O M H H A N X K A I T X I P I B N X K
R N X M H R V Y G R O E B Y W M X R E O P R B A
N A M C A P E C G T U K K G N E I C D K M Y D A
Z R T W I U S Z B T B J M R L N N Y K J Y G A X
I U E M N Z T N R H I F I F C A C Z P Q U H Q M
R D X B E Y R J G G P G X I T O B A U F Y O M W
F N W V O D E W H I N M P S M M A G I U H W P B
U E Z L V P N P E E U A I P G X G I M J N E Q D
N T L U Z Z G Z T W L S O F Q N H N R W Y J M E
M D Y X P P T J R K E S O X Y T I S N E T N I E
L I G R K O H N B R I D J D W I O N C H V O G P
T I E X L Y W L C T F W E C K E O A I W I X O S
V J G X E B A E I U Z M N Q Q E N R J A B P L U
E K Q P R N N O R S K V Q H O H I M T H R C X I
Q N I N C Z N F F Z T J W F Z W B J T X G T C L
B H C O O R D I N A T I O N B T B I T W M V I C
F G J M T P G B G B Z E A U Y M W S W Z Y Z O E

BODY COMPOSITION
FITNESS PRINCIPAL
RESISTANCE
TRAINING
WARMUP

AEROBIC ACTIVITY
COORDINATION
INTENSITY
STRENGTH
POWER

WEIGHT TRAINING
FLEXIBILITY
ENDURANCE
BALANCE
SPEED