



**Presents**



**Focus on Physical Activity – Group Challenge Words**

**Metabolism**

**Coordination**

**Resting Heart Rate**

**Endurance**

**Cardiovascular**

**Flexibility**

**Strength training**

**Target Heart Rate**

**Effort**

**Speed**

**Reps**

**Reaction**

**Set**

**Blood Pressure**

**Balance**

**Rate of Perceived Exertion**

**Momentary muscle fatigue**

**Interval training**

**Agility**

**Aerobic**

**Aquafit**

**Bootcamp**

**Dumbbells**

**Disease prevention**

**Boxercise**

**Osteoporosis**

**Lunge**

**Intensity**

**Warm up**

**Energy**

**Cool down**

**Stability ball**

**Workout**

**Medicine Ball**

**Exercise**

**BOSU ball**

**Cycling**

**Exercise band**

**Yoga**

**Mat**

**Pilates**

**Push up**

**Skipping**

**Running**

**Rest**

**Goal**

**Motivation**

**Swimming**

**Walking**

**Rowing**

**Pedometer**

**Energetic**

**Treadmill**

**Body fat percentage**

**Elliptical**

**Squats**

**Pull ups**

**Tai chi**

**Ab curls**

**Sweat**

**Plank**

**Weight machines**

**Biceps**

**Libido**