

CHARACTERISTICS OF EXTREME SPORTS

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EXAMPLES OF EXTREME SPORTS

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EXTREME SPORTS

DEFINITION : 1)

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ADVANTAGES OF EXTREME SPORTS

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THINGS TO CONSIDER WHEN DOING THE EXTREME SPORTS

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Rock climbing	A high level of physical exertion
Know the rules of the activities	Watch out of others
Mountain biking	Tend to be more solitary
High degree of risk	A great way of having fun
Extremely fit	Can be character building
Sports activities with a high level of inherent danger	Scuba-diving
Wear suitable protective clothing	