

Think and learn



1 Look and match.

weightlifter

boxer

gymnast

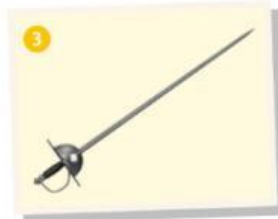
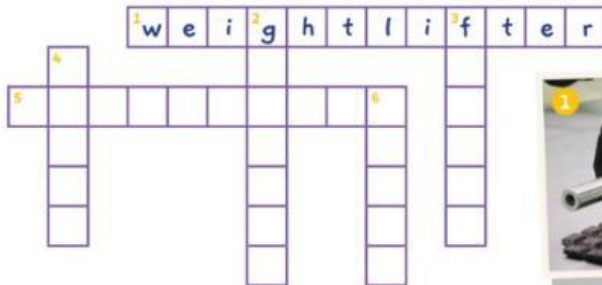
rower

fencer

long jumper



2 Who uses it? Look and write words from Activity 1.



3 Complete the sentences.

balance speed ~~stamina~~ strength lower body upper body

- 1 If you want to run 20 km, you need to build up your stamina.
- 2 I'm doing these arm exercises to make my _____ stronger.
- 3 You need a lot of _____ to lift heavy weights.
- 4 Gymnasts need good _____ to stay on the narrow equipment.
- 5 If she wants to win races, she'll need to improve her _____.
- 6 Long jumpers and high jumpers need to have a very strong _____.