VOCABULARY

1 3-01 **Listen and number.**


adjust


balance


crucial


current


enable


eventually


maintain


monitor

2. Fill in the blanks.

1. Having a coach will _____ you to train more efficiently.
2. The most _____ thing in weightlifting is using proper form.
3. Isabella _____ her nutritious diet even though her friends often eat fast food.
4. To build strength, you need a good _____ of protein, healthy fats, and complex carbohydrates.
5. If you keep following this fitness plan, you will _____ reach your goal.
6. Mateo plans to _____ his exercise routine to include more swimming.
7. Athletes need to _____ their heart rate during intense workouts.
8. The _____ trend in fitness is focusing on functional strength rather than just aesthetics.

LIVEWORKSHEETS