

### CHARACTERISTICS OF EXTREME SPORTS

2) .....

3) .....

4) .....



### EXAMPLES OF EXTREME SPORTS

5) .....

6) .....

7) .....



### EXTREME SPORTS

DEFINITION : 1) .....

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### ADVANTAGES OF EXTREME SPORTS

8) .....

9) .....

10) .....

### THINGS TO CONSIDER WHEN DOING THE EXTREME SPORTS

11) .....

12) .....

13) .....

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	