Vocabulary fitness

Part 1: Match the vocabulary and the picture.

a. jogging	
b. kickboxing	
c. running a marathon	
d. stretching	
e. weight training	
f. cycling	
g. spinning	
h. rock climbing	

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Part 2: Use the words from part 1 to complete the sentences.

1. Running at a slow regular pace usually over a long distance as part of an exercise routine is called _____.

2. _____ is also called "indoor cycling".

3. _____ means extending a part of one's body to its full length

4. _____ is a combat sport focused on punching and using the legs and feet.

5. _____ is a sport in which participants climb up, across, or down natural rock formations or artificial rock walls.

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