

## Think and learn



### 1 Look and match.

weightlifter

boxer

gymnast

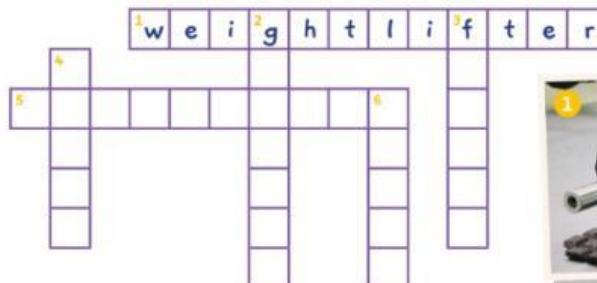
rower

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 \_\_\_\_\_.