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**The major muscles of the belly and the mid and lower back.**

**The maximum amount of oxygen that can be used by the body.**

**The combined ability of a muscle to demonstrate strength and resist fatigue.**

**The opposite of an active lifestyle.**

1. Fitness Workouts
2. Sedentary Lifestyle
3. Sit-ups
4. Barrier

**To move at a steady and consistent speed.**

**The ability to bend and move the joints through the full range of motion.**

**2**

**1**

**A horizontal position with toes and forearms holding the body up and off the ground.**

1. Muscular Fitness
2. Endurance
3. Aerobic Capacity
4. Flexiblity

**6**

**51**

1. Skip
2. Run
3. Jog
4. Pace

**7**

1. Push-up
2. Plank
3. Plank Jacks
4. Tree Pose

**8**

* 1. Muscle Tone
  2. Muscle Memory
  3. Endurance
  4. Strength

**4**

1. Fitness
2. Balance
3. Flexibility
4. Stretching

**3**

**The level of firmness in a resting muscle.**

1. Aerobic Exercise
2. Cardio Work
3. Endurance
4. Aerobic Capacity
5. Abs
6. Core
7. Traps
8. Biceps