

**ACADEMIC LANGUAGE QUIZ**

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

**1**

- a. Aerobic Exercise
- b. Cardio Work
- c. Endurance
- d. Aerobic Capacity

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

**2**

- a. Abs
- b. Core
- c. Traps
- d. Biceps

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

**3**

- a. Fitness
- b. Balance
- c. Flexibility
- d. Stretching

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

**4**

- a. Muscle Tone
- b. Muscle Memory
- c. Endurance
- d. Strength

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

**5**

- a. Skip
- b. Run
- c. Jog
- d. Pace

**The opposite of an active lifestyle.**

**6**

- a. Fitness Workouts
- b. Sedentary Lifestyle
- c. Sit-ups
- d. Barrier

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

**7**

- a. Push-up
- b. Plank
- c. Plank Jacks
- d. Tree Pose

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

**8**

- a. Muscular Fitness
- b. Endurance
- c. Aerobic Capacity
- d. Flexibility