Matching: Match the vocabulary word or statement on the left to the best definition or answer listed on the right. Record your answer in the space provided.

_____ 1. Resting HR  
   a. How fast an individual trains.

_____ 2. Aerobic Exercise  
   b. How often an individual trains.

_____ 3. THR  
   c. The amount of times your heart beats per minute during exercise according to the age of the individual.

_____ 4. Intensity  
   d. A nonstop, vigorous and rhythmic exercise; running.

_____ 5. Time  
   e. How long an individual trains; i.e. time 30 mins.

_____ 6. Frequency  
   f. Increased blood volume to the heart during exercise.

_____ 7. Progression  
   g. The large skeletal muscles of the legs return increased amounts of blood to the heart.

_____ 8. Muscle Pump  
   h. Increasing cardio output

_____ 9. Over load  
   i. Basic working condition of the heart, lungs, and vascular system.

_____ 10. Cardio-respiratory  
   j. The amount of heart beats per minute when the heart is at rest.

_____ Endurance