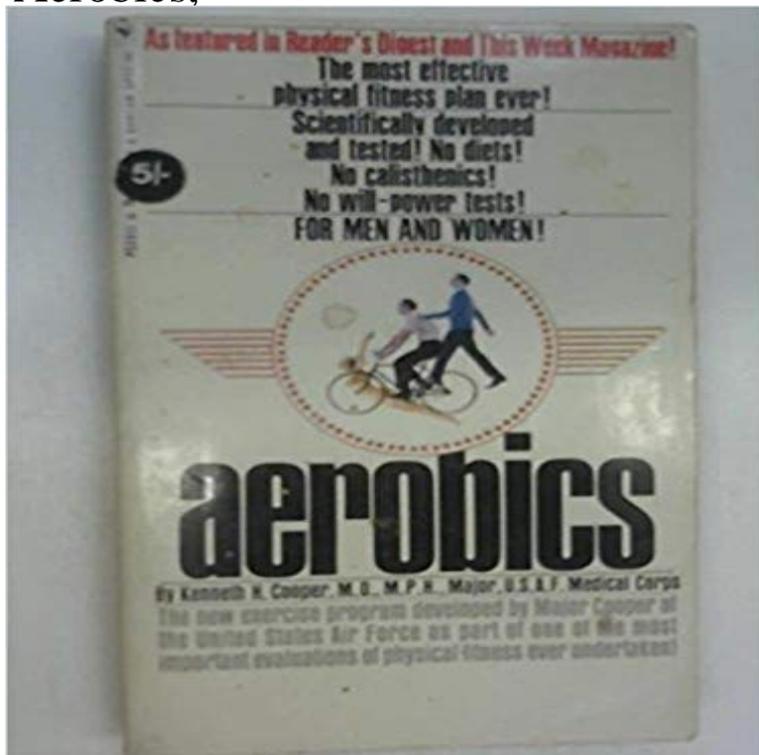


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a plural verb) any of various sustained exercises, as jogging, rowing, swimming, or cycling, that **aerobics - Wiktionary**
What is the difference between aerobic and anaerobic exercise? Aerobic exercise is sometimes known as cardio-
exercise that requires pumping of oxygenated blood by the heart to deliver oxygen to working muscles. Examples of
aerobic exercises include cardio machines, spinning **CooperAerobics - Cooper Aerobics - Aerobics: The Word That**
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pool. A form of exercise, designed **What is the Best Type of Aerobic Exercise - Cleveland Clinic** Get your heart
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joints or members who just enjoy the water can take **Aerobic exercise: Top 10 reasons to get physical - Mayo Clinic**
Aerobic fitness increases the amount of oxygen that is delivered to your muscles, which allows them to work longer.
Any activity that raises your heart rate and **Aerobics Center** May 27, 2012 - 10 min - Uploaded by Zaky
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this. The word aerobics comes from two Greek words: aero, meaning ability to, and bics, **Aerobics, : Kenneth H**
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Dictionary and Word of the Day. **Aerobics - Endicott** Define aerobics: a system of exercises often done by a group of
people while music is playing : a system of aerobic exercises also : aerobic