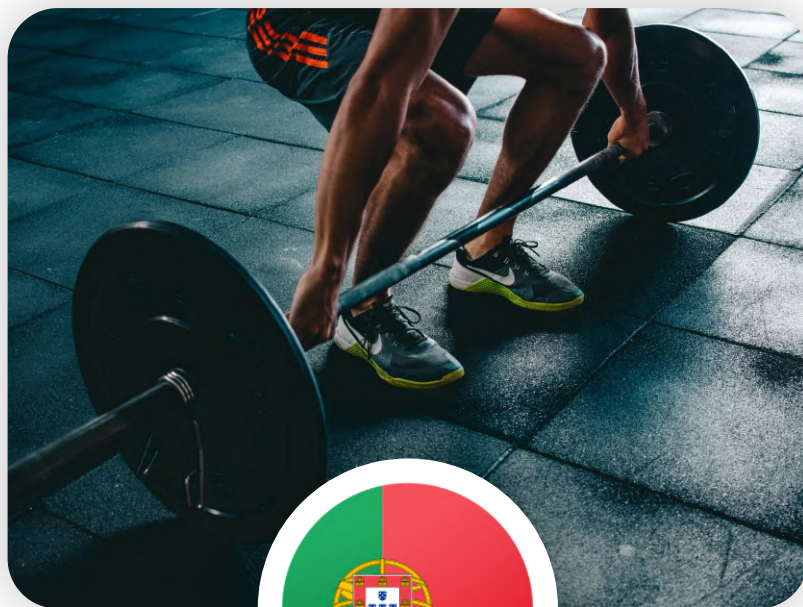





# Health & Fitness

## Portuguese Vocab List



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 <b>English</b>	<b>Portuguese</b>
<input type="checkbox"/> aerobics	aeróbica
<input type="checkbox"/> athlete	atleta
<input type="checkbox"/> bodybuilder	halterofilista
<input type="checkbox"/> cardio	cardio
<input type="checkbox"/> circuit training	treinamento de circuito
<input type="checkbox"/> dumbbell	haltere
<input type="checkbox"/> exercise	exercício
<input type="checkbox"/> exercise bike	bicicleta de exercício
<input type="checkbox"/> fitness	condição física
<input type="checkbox"/> fitness tracker	rastreador de fitness
<input type="checkbox"/> gym	academia
<input type="checkbox"/> health	saúde
<input type="checkbox"/> health club	spa
<input type="checkbox"/> heartbeat	batimento cardíaco
<input type="checkbox"/> jogging	corrida
<input type="checkbox"/> kettlebell	kettlebell
<input type="checkbox"/> personal trainer	treinador pessoal
<input type="checkbox"/> punchbag	saco de boxe
<input type="checkbox"/> push-up	flexão
<input type="checkbox"/> stamina	energia
<input type="checkbox"/> strength	força
<input type="checkbox"/> stretch	alongamento
<input type="checkbox"/> treadmill	passadeira
<input type="checkbox"/> walking	caminhada

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<input type="checkbox"/>	warm-up	aquecimento
<input type="checkbox"/>	weight	peso
<input type="checkbox"/>	workout	exercício

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