

AROBIK

Meaning: Aerobic refers to exercises or activities that involve or improve the efficiency of the cardiovascular system by using oxygen to generate energy, typically characterized by sustained, rhythmic physical activity.

1. Aerobic exercises, such as running and cycling, are great for improving cardiovascular health.
2. She prefers aerobic workouts because they help her maintain a healthy weight.
3. The new gym offers various aerobic classes that cater to all fitness levels.
4. Incorporating aerobic activities into your routine can boost your energy levels significantly.
5. He noticed that his endurance improved after committing to regular aerobic training.
6. Many people enjoy aerobic dancing as a fun way to stay active and socialize.
7. Research indicates that aerobic exercise can enhance mental clarity and focus.
8. She completed an aerobic fitness assessment to measure her progress over the months.
9. Aerobic respiration is crucial for cells to produce energy efficiently.
10. The marathon was a challenging but rewarding test of her aerobic capacity.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/aerobic>