

cardiovascular exercise

 (*car-di-o-vas-cu-lar-ex-er-cise*)

Definition

n. Physical activity that raises the heart rate and improves the function of the heart, lungs, and circulatory system.

Example Sentence

Cardiovascular exercise is essential for maintaining heart health and increasing stamina.

More Example Sentences

Running, cycling, and swimming are popular forms of **cardiovascular exercise**.

Synonyms

aerobics; cardio; endurance training

Antonyms

anaerobic exercise; weightlifting; strength training

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