

## Say It! Trace It! Write It!

Learn it, practice it, spell it, and pronounce it.

**Instructions:** Say the word, trace it, then write it on your own.

## Example Sentence

Athletes often train to improve their **muscle endurance** for better performance in long-duration sports.

**SAY IT!**

**muscle endurance**

**TRACE IT!**

**muscle endurance**

**WRITE IT!**

**muscle endurance**

muscle endurance

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