



## Lab A3-7 Choosing Cardiorespiratory Endurance Activities

The following activities have a moderate-to-high potential for developing cardiorespiratory endurance. Consider the activities on the list and choose three that you might like to engage in as part of your fitness program.

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|--------------------------------|------------------------|--------------|
| Aerobic dance                  | Frisbee                | Rowing       |
| Backpacking                    | Handball               | Rugby        |
| Badminton (singles)            | Hiking                 | Skating      |
| Ballet                         | Hockey                 | Skiing       |
| Ballroom dancing               | Horseback riding       | Soccer       |
| Baseball (pitcher and catcher) | Jogging/running        | Squash       |
| Basketball                     | Judo                   | Surfing      |
| Bicycling                      | Karate                 | Swimming     |
| Calisthenics                   | Lacrosse               | Table tennis |
| Canoeing                       | Modern dance           | Tennis       |
| Cheerleading                   | Outdoor fitness trails | Volleyball   |
| Fencing                        | Popular dancing        | Walking      |
| Field hockey                   | Racquetball            | Water polo   |
| Folk and square dancing        | Rock climbing          | Wrestling    |
| Football                       | Rope skipping          |              |

*Note:* The actual potential of an activity to develop cardiorespiratory endurance will depend on your intensity, duration, and frequency of exercise.

Consider the advantages and disadvantages of each of the activities you've chosen:

Activity	Advantages	Disadvantages