

31

E

Effort

A vigorous or determined attempt.

32

FI

F'low

To move along or out steadily and continuously in a current or stream.

33

Fo

Force

That which alters or tends to alter a body's state of rest or uniform motion in a straight line; the pushing or pulling effect that one body produces on another body.

34

So

Slow

To reduce one's speed or the speed of a vehicle or process.

35

T

Time

Within a personal fitness plan, the amount of time you work.

36

Bo

Bound

A walk or run with leaping strides.

37

Fa

Fast

To be moving or capable of moving at
high speed.

38

Fr

Free

To not be under control or in the power of another; able to act or be done as one wishes.

39

F

Flee

To run away, as from a pursuer.

40

S

Strong

Having the power to move heavy weights or perform other physically demanding tasks.

41

Li

Light

A deficient in weight, especially by a specified amount.

42

R

Right

A change or a turn that brings a person's front to face the way their right side did before.

43

Lt

Left

A turn that brings a person's front to face the way their left side did before.

44

Cw

Clockwise

In a curve corresponding in direction to the typical forward movement of the hands of a clock.

45

Cc

Counter
Clockwise

In the opposite direction to the way in which the hands of a clock move around.

46

Lo

Location

A particular place or position.

47

Lw

Low

A low point, level or figure.

48

Ss

Self-Space

Personal space in which one can move safely without contacting another object or person.

49

Mi

Middle

The point or position at an equal distance from the sides, edges, or ends of something.

50

GS

General
Space

Open areas between objects or people that can be moved through safely; open space.

51

Hi

High

A high point, level, or figure.

52

Ls

Large or
Small

53

Fn

Far and Near

54

St

Straight
Pathway

Continuously in the same direction
without curving.

55

Cv

Curved
Pathway

To move in or take the shape of a
smoothly rounded bend.

56

Zz

Zigzag

A line or course that takes sharp turns
in alternating directions.

57

Bp

Body Parts

58

Ro

Round

59

N

Narrow

A small or limited area; short distance
between two points.

60

Wi

Wide

Extending over a great distance from side to side; broad; fully open or extended.