

Excercise

1. Adverb
2. Adjective
3. Noun - Plural

Excercise

You should always be _____ Adverb _____ when excercising... You do not want to pull or strain any of your muscles . First you must make sure you are checked by your doctor. Once you get the _____ Adjective _____ light you can then join a gym and start watching the _____ Noun - Plural _____ melt off and the muscle pile on!