

# 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

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

[vocabloco.com](https://vocabloco.com)