

English Vocabulary

Fitness

● to work out

probably, the most popular phrasal verb in English; it means to do some exercise

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● stamina /'stæm.ɪ.nə/

the physical and/or mental ability to do something without giving up

/ˈsɜː.kɪt/

● circuit training

specific exercises that you repeat several times

/ˈstren.ju.əs/

● strenuous session

a harder workout for more experienced and fitter people

● to bulk up

to increase muscle size

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● to pull a muscle

to damage a muscle



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● to shed pounds

to lose weight, to get rid of fat

● ripped

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very muscular; someone with clear muscle definition

● spare tyre

excessive fat around your waist



Fitness Vocabulary Guide

LL Leslie

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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