

# 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

**Dana Meachen Rau**

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

## **Fitness Vocabulary Guide:**

*Fitness for Fun!* Dana Meachen Rau, 2009 Discusses the importance of exercise in keeping the body healthy *Essential Words for Middle-Grade Students, Grades 4 - 8* Deborah White Broadwater, 2002-01-01 Reproducible activities are designed to teach students look up the meaning of the vocabulary word and write a sentence to go with the word so that to enrich their vocabulary

**Bridge to Reading Zone Teacher's Resource Guide**, 2013-07-01 Perfect for small group instruction geared toward Response to Intervention BTR Zone Bridge to Reading motivates reluctant and struggling readers with high interest nonfiction focused on science adventure biography history and sports With scaffolds such as on page definitions photographs illustrations captions subheads and informational graphics BTR Zone books provide practice with the text features so important to understanding informational text A teaching plan steeped in Common Core State Standards for Literacy provides instruction for vocabulary fluency comprehension and authentic writing truly providing a bridge for students to become more strategic readers

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[All New Family Medical Guide to Health & Prevention](#) Gary Joseph Martin, Don R. Powell, 1995

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guides which act as a teacher's blueprint throughout a semester and offers 139 video clips and 211 instructional photos that show the activities all of which require no equipment      **Phonics Connections Teacher's Resource Guide** Sharon Vaughn, 2015-01-01 This guide includes lessons that allow you to focus on the foundational skills that are so important to emergent readers as they connect sounds to letters decode words and develop a bank of sight words and academic vocabulary In this guide you will find tools to provide students with explicit and systematic phonemic awareness and phonics instruction Each lesson links to an engaging studentbook that introduces phonics skills and provides a strong text to photo match in order to reinforce comprehension and build content area knowledge      **Personal Fitness** Charles S. Williams, 2004-04-28      **Interchange Level 1 Teacher's Edition with Assessment Audio CD/CD-ROM** Jack C. Richards, Jonathan Hull, Susan Proctor, 2012-08-09 Interchange Fourth Edition is a fully revised edition of Interchange the world's most successful series for adult and young adult learners of North American English The course has been revised to reflect the most recent approaches to language teaching and learning It remains the innovative series teachers and students have grown to love while incorporating suggestions from teachers and students all over the world This edition offers updated content in every unit grammar practice and opportunities to develop speaking and listening skills Interchange Fourth Edition features contemporary topics and a strong focus on both accuracy and fluency Its successful multi skills syllabus integrates themes grammar functions vocabulary and pronunciation The underlying philosophy of the course remains that language is best learned when it's used for meaningful communication      **New Practical English for High Schools** William Dodge Lewis, James Fleming Hosc, 1925      **How Can I Increase My Vocabulary** Josephine Turck Baker, 1909      *Handbook of Quality System, Accreditation and Conformity Assessment* Anuj Bhatnagar, Sanjay Yadav, Venugopal Achanta, Ulrich Harmes-Liedtke, Shanay Rab, 2024-12-01 This handbook comprehensively covers the topics of quality system accreditation and conformity assessment The main sections in this handbook covers topics such as conformity assessment accreditation and certification measurement requirements and conformity assessment management systems Product quality and safety and future of conformity assessment This multidisciplinary handbook will be a useful reference for researchers and professionals across disciplines who are involved in conformity assessment activities      **Learn English - Level 2: Absolute Beginner** Innovative Language Learning, EnglishClass101.com, Listen to audio lessons while you read along Buy or sample now Interactive Effective And FUN Start speaking English in minutes and learn key vocabulary phrases and grammar in just minutes more with Absolute Beginner English a completely new way to learn English with ease Absolute Beginner English will arm you with English and cultural insight to utterly shock and amaze your English friends and family teachers and colleagues What you get in Absolute Beginner English 200 pages of English learning material 25 English lessons dialog transcripts with translation vocabulary sample sentences and a grammar section 25 Audio Lesson Tracks over 5 hours of English lessons 5 Audio Review Tracks practice new words and phrases 5 Audio Dialog Tracks read along while you listen

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**Building Vocabulary Skills and Strategies Level 3** Joanne Suter,2010-09-01 Here s a great vocabulary program that is equally appropriate for younger students working at grade level and older students who have forgotten or never mastered the basics The friendly look and tone of this series belies the comprehensive sweep of the instructional sequence Every topic from primary level phonics to the specialized terminology of essay tests is developed from the ground up Includes answer key

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