**Reading**

**Cambridge IETLS 4**

**Test 4**

***Reading Passage 1***

**hurl**  
[vt.]

**sprint**  
[vt.]  
[n.]

**emeritus**  
[adj.]

**plyometrics** //  
[n.] a form of exercise that involves rapid and repeated stretching and contracting of the muscles.

**trace minerals** : 微量元素