

第 4 周第 1 课

1	减肥	jiǎnféi	v.	to lose weight
2	坚持	jiānchí	v.	to persevere in
3	否则	fǒuzé	conj.	otherwise
4	效果	xiàoguǒ	n.	effect
5	网球	wǎngqiú	n.	tennis
6	汗	hàn	n.	sweat
7	尤其	yóuqí	adv.	especially
8	紧张	jǐnzhāng	adj.	nervous
9	过程	guòchéng	n.	process
10	保护	bǎohù	v.	to protect
11	干	gàn	v.	to do; work
12	厉害	lìhai	adj.	sharp; outstanding
13	敢	gǎn	v.	dare to
14	究竟	jiūjìng	adv.	on earth
15	赢	yíng	v.	to win