

VOCABULARY

UNIT 7: THE HUMAN BODY – PHYSICAL EXERCISE

I. Types of physical exercises: Match the words/ phrases to their appropriate meanings

1. Cardio	A. Exercises to build muscle (e.g. lifting weights)
2. Strength training	B. Exercises that improve range of motion (e.g. yoga)
3. Resistance training	C. Combining different types of exercise in one routine
4. HIIT (High-Intensity Interval Training)	D. Using resistance (weights, bands) to build strength
5. Bodyweight exercises	E. Exercises that raise your heart rate (e.g. running, cycling)
6. Flexibility training	F. Gentle on the joints (e.g. swimming, walking)
7. Endurance training	G. Exercises using your own body as resistance
8. Cross-training	H. Short bursts of intense activity followed by rest
9. Low-impact exercise	I. Focused on strengthening abdominal and back muscles
10. Core workout	J. Activities that build stamina over time

II. Features: Match the words/ phrases to their appropriate meanings

1. Intensive	A. Easy to maintain over time
2. Exhausting	B. Engages all major muscle groups
3. Challenging	C. Extremely tiring
4. Invigorating	D. Involves repeated movements
5. Repetitive	E. Puts significant stress on the body
6. Effective	F. Difficult but motivating
7. Full-body	G. Energizing and refreshing
8. High-impact	H. Needs or uses great energy or effort
9. Low-intensity	I. Gentle or needs mild effort
10. Sustainable	J. Produces the desired result

III. Fitness Goals & Progress: Match the words/ phrases to their appropriate meanings

1. Build stamina	A. Increase muscle size
2. Gain muscle mass	B. Perform better in sports or training
3. Improve flexibility	C. Reduce fat percentage in the body
4. Lose body fat	D. Improve endurance over time
5. Increase strength	E. Notice improvements from exercise
6. Boost metabolism	F. Get physically stronger
7. Enhance athletic performance	G. Increase range of motion
8. Meet your fitness goals	H. Follow a consistent workout plan
9. Stick to a routine	I. Speed up the rate your body burns energy
10. See results	J. Achieve your training targets

IV. Actions: Match the words/ phrases to their appropriate meanings

1. Warm up	A. Easy activity to help the body recover post-exercise
2. Work out	B. Fully focused and performing well
3. Burn calories	C. Test your physical strength or endurance
4. Break a sweat	D. Use energy through physical activity
5. Push your limits	E. Light activity to prepare the body for exercise
6. Drop weight	F. Become more fit and healthy
7. Get in shape	G. Go to the gym to work out
8. Cool down	H. Start sweating from physical effort
9. Stretch	I. Put your arms or legs out straight and tighten your muscles
10. Hydrate and rest	J. Exercise (verb or noun)
11. Hit the gym	K. Lose body fat or weight
12. Be in the zone	L. Drink water, and not do anything active to help the body recover