

A Home Workout

Discussion

Vocabulary

New Words

1. body weight exercises(noun)
2. HIIT(noun)
3. reps(noun)
4. sets(noun)
5. pace or tempo(noun)
6. concentric(adj.)
7. isometric(adj.)
8. post meal(noun)
9. stability(noun)

Useful Words

1. flow(verb, noun):(liquid)to move.
2. rigorous(adj.):demanding and serious.
3. resilient(adj.):able to withstand and recover quickly from difficult conditions..
4. immediate(adj.):happening suddenly and quickly.
5. decrease(verb):become smaller in amount, or quantity.