

Physical Fitness: Aerobics VS Anaerobics

Discussion

How are you doing today?

I arrived home yesterday.

I spent five days with my family.

We had a great time.

There is a great view there.

A scene in movie "Avatar" was shot there.

There is a hole in a mountain. It resembles the door.

What was the occasion?

I was on summer holiday. We took 2 days off, we had four days holiday including the weekend.

You have already visited this place?

Yes, I have.

He likes this place very much.

We went there with different people.

What do you plan to do for the rest of the day?

I need to revise my paper. I got good news when I was on the trip. I applied for research project, I didn't expect to get it.

What is the difference between anaerobics and aerobics?

Women are not going to bulk up by accident, it requires a very strict diet and a lot of exercising to build big muscles.

Vocabulary

New Words

1. aerobic(adj.)
2. breathless(adj.)
3. anaerobic(adj.)
4. resistance(noun) e.g. The house was able to resist strong winds.
5. hold your horses(idiom)

Useful Words

1. breath(noun) e.g. Please, take a deep breath.
2. breathe(verb) eg. Please, breathe deeply.
3. pull and push workout/programme(noun):exercises program that separates pushing and pulling muscles, so one day you exercise pulling muscles while the other day you exercise pushing muscles.

4. strength(noun):the ability to push and pull objects.
5. flexibility(noun):the ability to move body easily, without limitations or restrictions.
6. stamina(noun):is the ability to do something for a long time, without stopping. e.g. marathon running.
7. posture(noun):the way your body is aligned with itself.
8. bulk up(phrasal verb):to build very big muscles.
9. aerobic(adj.):with oxygen
10. aerobics(noun):exercises that involve breathing, they are low intensity, you can do them for a long time. e.g. swimming, running, jogging, yoga. . .
11. anaerobic(adj.):without oxygen
12. anaerobics(noun):exercises that are high intensity, that you can do for short time, hence not as much oxygen is needed. e.g. weight lifting
13. loss(noun)
14. lose(verb)
15. perseverance(noun):to persist on doing something for a long time, despite the resistance or difficulty.

Pronunciation

Words

1. aerobics /a-e-ro-bics/
2. anaerobics /ana-e-ro-bics/
3. loss /los/
4. lose /luz/
5. idiom /i-di-jum/