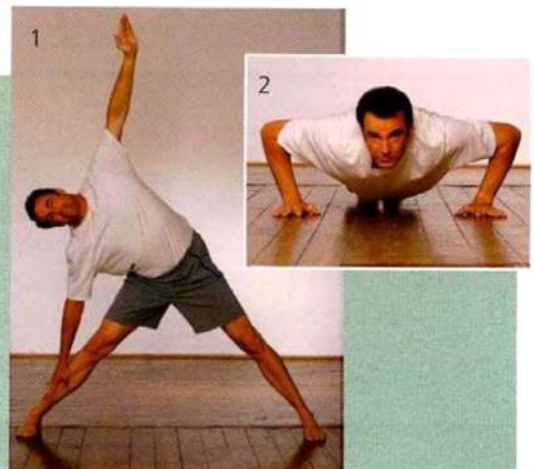


23 sierpnia 2016  
16:13

## B Physical exercise 🎧

### My 20-minute workout

I'm not as **supple** or **agile** as I used to be, and I was beginning to feel quite **stiff** and **sluggish** first thing in the morning, so I asked a friend to **devise** a workout routine for me. First I **loosen up** with some **stretching**<sup>1</sup> and **bending**, then I go on to something more **strenuous**. I don't like **press-ups**<sup>2</sup> – I find them **relentless**, and I also have a **recurrent** elbow problem. I prefer to **alternate between** jogging and **sprinting** because I enjoy the **constant** change of activity.



#### Glossary

<b>workout</b>	a period of physical exercise you do to keep fit. <b>work out</b> v.
<b>supple</b>	able to bend and move parts of your body easily.
<b>agile</b>	able to move quickly and easily. <b>agility</b> n.
<b>stiff</b>	feeling some pain and unable to move easily. <b>stiffness</b> n.
<b>sluggish</b>	moving slowly, below your normal activity level. <b>sluggishness</b> n.
<b>devise sth</b>	invent a method or plan of doing sth. <b>SYN think sth up.</b>
<b>loosen up</b>	do physical activities to prepare the muscles for exercise. <b>SYN warm up.</b>
<b>bend</b>	lean over at the waist (also <b>bend your knee, elbow, etc.</b> ).
<b>strenuous</b>	needing effort and energy. <b>SYN arduous.</b>
<b>relentless</b>	A thing that is <b>relentless</b> never seems to stop or get any easier.
<b>recurrent</b>	happening or appearing again and again. <b>recur</b> v.
<b>alternate between A and B</b>	do A, then B, then do A again, and so on.
<b>sprint</b>	run a short distance very fast.

### 3 Circle the correct word(s). Sometimes both are correct.

- I slept badly, so I feel a bit **stiff** / **sluggish** today.
- Stretch** / **Bend** your knees and touch your toes.
- Gymnasts always look so **supple** / **agile**.
- I **recur** / **alternate** between swimming and cycling.
- My brother **thought up** / **devised** this new training method last year.
- The garage is in **relentless** / **constant** use.
- Lifting weights is quite **strenuous** / **arduous**.
- I have this **recurrent** / **constant** back problem, but I'm fine at the moment.

#### spotlight Expressions with **constant**

**Constant** means happening all the time or a lot of the time. It is commonly used with particular nouns.

*There were **constant interruptions**.*

*The phone is in **constant use**.*

*His wife needs **constant attention**.*

*They live in **constant fear**.*

### 4 Complete the sentences with a suitable word or phrase.

- I couldn't do any work because of the \_\_\_\_\_ interruptions.
- For breakfast I usually \_\_\_\_\_ between cereal and toast.
- It's important to \_\_\_\_\_ first before you do any strenuous exercise.
- My brother used to do 50 \_\_\_\_\_ every day.
- I could \_\_\_\_\_ when I was younger but I can't run very fast now.
- They've been burgled three times and now live in constant \_\_\_\_\_.



Remember to test yourself