**bulk up, shred, pecs, tone up, burn , overdo, alternately, love handles, curls, burn**

To ………………………..you need to suport your body with supplements

I have been going to a local gym in order to ………………………………….my abs

To ……………………………..calories you should do a lot of cardio

He…………………………………..what ended up in inflicting a serious injury

A lot of women want to get rid of ……………………………..to be more attractive

I practice different groups of muscles …………………………………….

To have strong and …………………………..biceps I do bicep…………………..

I stop working out when I feel the ………………………..