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

To …bulk up…………..you need to support your body with supplements

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

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

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

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

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

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

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