

Worksheet : Working on Your Workout

Name _____ Class _____ No. _____

Match the word with the definition.

achieve

development

recommend

rush

properly

therefore

1

move or to do something with great speed, often too fast

2

to succeed in finishing something or reaching an aim, especially after a lot of work or effort

3

growth of something so that it becomes more advanced, stronger, etc.

4

to tell somebody that something is good or useful, or that somebody would be suitable for a particular job, etc.

5

used to introduce the logical result of something that has just been mentioned

6

in a way that is correct and/or appropriate

Vocabulary Preview

Match The Words with Meanings

a. correctly

b. get or reach by effort

c. go too fast

d. growth ; training

e. so; because of that

f. suggest ; say something is a good idea

1

1. Don't **rush**. Take your time.

2

2. Health experts **recommend** doing a variety of exercise.

3

3. She hurt her back during her last workout ; **therefore** , she is not going to the gym this week.

4

4. What is the goal that you are trying to **achieve**?

5

5. You should work with a trainer to learn how to do the exercise **properly**.

6

6. Some people are more interested in losing weight than in muscle **development**.

Fill In Each Blank With One Word.

achieve

development

recommend

rush

properly

therefore

1. I've been working all day, but I feel as if I've
_____ nothing.

2. I can _____ the chicken
in mushroom sauce - it's delicious.

3. He bought the land for _____.
