

EXAM 2 AMATEUR 4

NAME:

DATE:

VOCABULARY

A. Complete the sentences with the correct word or phrase.

- | | |
|--------------------|------------------|
| a. stretching | d. cycling |
| b. weight training | e. rock climbing |
| c. jogging | |

___ 17. If you want to get big muscles, you should try _____.

___ 18. That's a nice bike. When did you get interested in _____?

___ 19. I want to start _____ with you in the mornings, but I've been too busy with school lately.

B. Complete the sentences with the correct phrase.

- | | |
|-----------------------------|------------------------|
| a. keep a work-life balance | d. take a break |
| b. burn out | e. set realistic goals |
| c. go offline | |

___ 20. It's almost lunch time. Are you ready to _____ from all your hard work?

___ 21. You're so busy at work that we never see you any more. It's important to _____ so you have time for all of us.

___ 22. Every day John goes to the gym for 2 hours before and after work. He's going to _____ if he keeps doing that.