

Match the words with their meaning:

1. a centenarian	to do many power-lifting exercises
2. an incidence	an exercise in which you lie on a bench and lift a heavy weight with both your arms
3. longevity	to improve or increase something
4. to boost	relating to the heart and blood vessels
5. a bench press	living for a long time
6. to pound deadlifts	someone who is a 100 years old or more
7. to be tied in with sth	a large piece of meat that is cooked in one piece
8. cardiovascular	to be planned so that it is combined with or happens at the same time as another, or to be planned in this way
9. blatantly	an event, or the rate at which something happens
10. a joint (here)	very obvious and intentional