

# Fitness: Phrasal Verbs



**Complete the sentences and the text below with these phrasal verbs:**

**work out** = exercise **pig out** = eat a lot **build up** = increase **burn off** = eliminate
**put on** = increase (weight) **keep up**= maintain the same speed as others **do in** = kill/hurt
**warm up** = warm muscles before exercise **stretch out** = stretch **tire out** = exhaust

1. Resistance exercises (e.g. weight lifting) can help to _____ your muscles.
2. Arnold Schwarzenegger must _____ a lot to maintain his physique.
3. I go to aerobics to _____ the calories I _____ at the weekend.
4. I always feel guilty after I _____ at the Chinese restaurant.
5. Yoga helps to _____ my muscles.
6. You should _____ before you exercise or you might _____ your muscles _____.
7. I think I ate too much at Christmas. I've _____ two kilograms.
8. I'll never go to a circuits class again. The last one nearly _____ me _____. The other people were really fit so I struggled to _____.
9. Just the thought of exercise _____ me _____.



I suppose I'm quite lucky because I don't _____ weight easily. I never _____ in the gym and the only time I _____ is when I need something from the top shelf. I tried aerobics once but I couldn't _____ with the others. I take my dog for a walk three times a day though, and that helps to _____ the calories. I usually watch what I eat but I sometimes _____ on a pizza or a Chinese at the weekend.

My brother is real fitness fanatic. Before he works out he _____ every day with press ups, sit ups, stretches and a jog around the park. He says it's important to _____ good levels of strength, stamina and suppleness. I don't want to overdo it though. A fitness regime like his would _____ me _____ !

# How fit are you?



How often do you **work out**?
Do you always **warm up** and **stretch out** before you exercise?
Do you ever **pig out**?
What activities do you do that **burn off** calories?
Do you **put on** weight easily?
Could you run a marathon or would it **do** you in?
Have you **built up** good levels of strength, stamina and suppleness?



LIVEWORKSHEETS