



# 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 in** you?

Have you **built up** good levels of strength, stamina and suppleness?

