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

6 in a way that is correct and/or appropriate

LIVEWORKSHEETS

## 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.

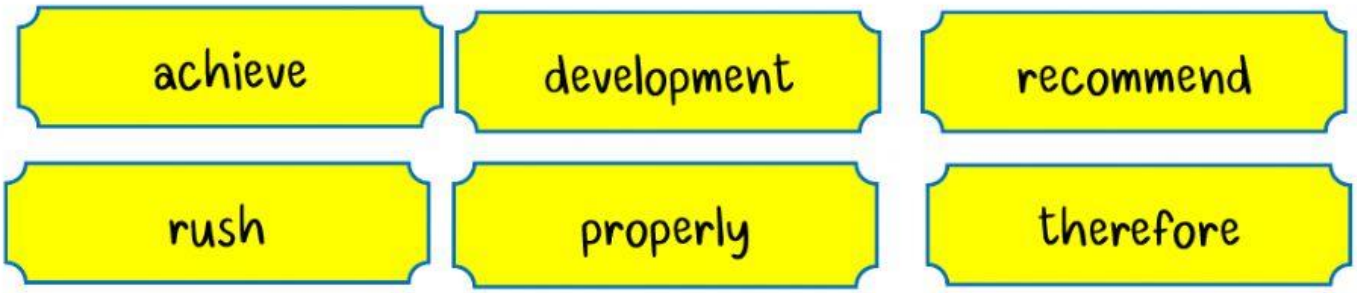
4 _____ 4. What is the goal that you are trying to achieve?

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.

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**Fill In Each Blank With One Word.**




**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 _____.**

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