Exercise V: Complete the sentences and the text below with these phrasal verbs

pig out	build up	tire out
put on	keep up	put on
work out	burn off	stretch out

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 muscle.
6. You should _____ before you exercise or you might do your muscles in.
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 did me in. The other people were really fit so I struggled to _____.
9. Just the thought of exercise _____.

LIVEWORKSHEETS