

		the time at which a particular game starts
		will try to achieve something difficult
		a game played to decide who will win after a previous game has ended with two teams or players having equal points
		use fat or energy by doing exercise
		to get rid of something, especially a feeling such as anger, nervousness etc, by doing something that uses a lot of your energy
		low-level activity that prepares your body to return to a resting state
		to accept that you have been beaten and agree to stop competing or fighting
		suddenly get in front of another person who was previously running at the same speed as you
		to become involved in an activity with other people
		a competition in which only the winners of each stage play in the next stage, until one person or team is the final winner

go join off for give

out kick in work off

cool down burn off ahead

play knock in pull off