

## Match the words with their meaning:

|                           |                                                                                                                |
|---------------------------|----------------------------------------------------------------------------------------------------------------|
| 1. a centenarian          | to do many power-lifting exercises                                                                             |
| 2. an incidence           | an exercise in which you lie on a bench and lift a heavy weight with both your arms                            |
| 3. longevity              | to improve or increase something                                                                               |
| 4. to boost               | relating to the heart and blood vessels                                                                        |
| 5. a bench press          | living for a long time                                                                                         |
| 6. to pound deadlifts     | someone who is a 100 years old or more                                                                         |
| 7. to be tied in with sth | a large piece of meat that is cooked in one piece                                                              |
| 8. cardiovascular         | to be planned so that it is combined with or happens at the same time as another, or to be planned in this way |
| 9. blatantly              | an event, or the rate at which something happens                                                               |
| 10. a joint (here)        | very obvious and intentional                                                                                   |