

**get into shape / be out of condition / keep fit / push-up / pull-up / squat /  
coach / take up / warm up**

She went through all that trouble just to \_\_\_\_\_.

I \_\_\_\_\_by jogging every morning.

I could do 1,000 \_\_\_\_\_one-handed.

Among his best lifts in his early years were a 400 kg \_\_\_\_\_, 260 kg bench press and a 412.5 kg deadlift.

You know, I think I might \_\_\_\_\_another exercise. You can use this trainer now.

Jackson has sprained his ankle, so don't count on him. He's \_\_\_\_\_.

Well, look, I tell you what, you give me one \_\_\_\_\_over there, I'll tell the school you passed the PE exam.

Wait wait wait. I can't just pop into the trainer and throw on the weights. I need to \_\_\_\_\_first.