

Fitness  
Vocabulary

# Fitness Gear



kettlebell



skipping rope, jump rope



power bands



mat



dumbbell



barbell



(weight) plates

1. **KETTLEBELL** SP: pesa rusa; FR: girevoy; RU: гиря.

Is it called like this cause its form resembles a kettle?

KETTLE SP: tetera; FR: bouilloire; RU: чайник.

2. **JUMP ROPE, SKIPPING ROPE** SP: comba, cuerda de saltar; FR: corde à sauter; RU: скакалка.

3. **POWER BANDS** SP: banda elástica; FR: bande elastique; RU: эластичная лента.

4. **MAT** SP: esterilla, colchoneta; FR: matelas, tapis; RU: коврик.

5. **DUMBBELL** SP: mancuerna; FR: haltère; RU: гантеля.

6. **BARBELL** SP: haltera; FR: haltère long; RU: штанга.

7. **PLATES** How do you call them in your language?

# Fitness Problems

## • TO OVERTRAIN •

*train harder or longer than necessary*



You shouldn't go to the gym every day if you don't want to OVERTRAIN.

## • SORE •

*aching, painful*



My legs are sore.

## • BURNOUT •

*exhaustion, overwork*



Too enthusiastic gymgoers suffer from BURNOUT during the first year.

## • STRAIN •

*muscle injury*



I won't be able to play tomorrow, I got a bad leg STRAIN.

## • STIFF •

*lacking flexibility*



Jim has a stiff neck.

## • MOODINESS •

*having changeable moods*



His MOODINESS drives me crazy: yesterday he fell in love with karate, today he says it's crap.

# Fitness Problems

**TO OVERTRAIN** – train harder or longer than necessary.

SP: entrenarse más de lo debido; FR: surentraîner; RU: перетренироваться.

**You shouldn't go to the gym every day if you don't want to OVERTRAIN.**

**SORE** – aching, painful.

SP: dolorido; FR: endolori, douloureux; RU: больной.

1. My legs are SORE.

2. I have a SORE leg/arm... SP: me duele; FR: avoir mal à qch; RU: болит нога/рука.

**STIFF** – lacking flexibility, hurt when moved (about muscles).

SP: tener agujetas; FR: courbaturé; RU: ноет тело.

**After 2 hours of working out, I have STIFF legs.**

To have/suffer from MUSCLE/ A CALF/A LEG **STRAIN** – muscle injury.

SP: esquince; FR: fouloure, entorse; RU: растяжение.

**I won't be able to play tomorrow, I got a bad leg STRAIN.**

**BURNOUT** – exhaustion, overwork.

SP: agotamiento; FR: épuisement ; RU: истощение, перегорание.

**TO BURN OUT** – to suffer overexhaustion.

SP: agotarse, quemarse; FR: s'épuiser; RU: выдохнуться, перегореть.

**Too enthusiastic gymgoers suffer from BURNOUT during the first year.**

One of the symptoms of overtraining or burnout is moodiness.

**MOODINESS** – having changeable moods.

SP: cambio de humor, mal humor; FR: saute d'humeur; RU: резкая смена настроения.

**His MOODINESS drives me crazy: yesterday he fell in love with karate, today he says it's crap...**

## QUIZ

TRAINER: I think your friend is just too lazy to work out. After the first day she called me to say that she felt \_\_\_\_\_. Shee didn't want to \_\_\_\_\_, so she returned to the gym only in a week and told me that she had a leg \_\_\_\_\_. Besides, she complained that her arms were \_\_\_\_\_.

JIM: Don't you think she \_\_\_\_\_ ?

TRAINER: After one day of working out?? No way!

**KEY: OlyEnglish.ru**

# Fitness Idioms

SPARE TIRE



BE READY TO DROP



A lot of women take up fitness to get rid of their **SPARE TIRES**.

**SPARE TIRE** – literally means «extra wheel cover».

SP: llanta de repuesto; FR: roue de secours; RU: запасное колесо.

So, metaphorically it means «fat stomach».

SP: michelines, barrigón; FR: ventre, brioche; RU: большой живот.

After the first workout, they are likely to **FIT/BE READY TO DROP** or to feel **ALL IN** = to be very tired.

They start **BEASTING it UP** = training intensively.

# Fitness Idioms

FIGHTING FIT  
FIT AS A FIDDLE



SIX-PACK (ABS)



If they train regularly and eat clean, they become very fit, and we can call them **FIGHTING FIT** or **FIT AS A FIDDLE**.

And some gym-goers get **SIX-PACK ABS**.

What does SIX-PACK literally mean? A set of cans sold together, especially of beer

SP: paquete de seis; FR: pack de six; RU: шесть банок (пива), стяжка.

But if we talk about a human body we mean “very strong abdominal muscles”.

SP: tableta de chocolate; FR: tablettes de chocolat; RU: пресс кубиками.

# Fitness People

• BEEFCAKE •



• SLIM/TRIM •



• SLICED •



**JACKED** or **JACKED UP** [dʒækt] with big muscles.  
SP: cuadrado, cachas; FR: baraqué; RU: накачанный.

**CUT** – with defined muscles.

**RIPPED** [ript ] having strong muscles that you can see clearly.  
SP: con los músculos marcados; FR: avec les muscles bien dessinés; RU: с рельефной мускулатурой.

**You have to work out daily and eat clean to get ripped.**

If a person has defined muscles but is very lean, you can call him **SLICED** or **SHREDDED**.

**TO SHRED** – tear into strips.

SP: cortar en tiras; FR: mettre en lambeaux; RU: рвать на клочки.

Two more words we use to talk about men:

**BEEFCAKE** – an attractive man with large muscles.

**HUNK** – a man who is big, strong and attractive.

How can we call thin and physically fit people?

(NOTE: in some cases we use THIN disapprovingly, for instance, to describe an ill person).

**TRIM**, **SLIM** (especially, women), **LEAN** (especially, men). All have a positive meaning.

**She is SLIM/TRIM or has A SLIM/TRIM FIGURE.**

**He's LEAN or has a LEAN body.**

**How do you manage to stay so slim?**

# Fitness Phrasal Verbs

## • FILL OUT •

*become fatter, gain weight*



Do you have a friend who eats a lot but doesn't FILL OUT?

## • SWEAT OFF •

*lose weight by sweating*



I'm going to eat this cake, I'll SWEAT OFF extra kilos later.

## • FIRM UP •

*make the muscles stronger*



I jog every day to FIRM UP my body.

## • BULK UP •

*put on muscle*



Most men go to the gym to BULK UP.

## • TRIM DOWN •

*lose weight, become thinner*



She TRIMMED DOWN when she fell in love.

**FILL OUT** – become fatter, gain weight.

SP: engordar; FR: grossir; RU: набирать вес.

**SWEAT OFF** – lose weight by sweating.

SP: sudar; FR: perdre; RU: сбросить вес, потеть.

**FIRM UP** – make the muscles stronger.

SP: tonificar; FR: s'affermir; RU: повышать тонус.

**BULK UP** – put on muscle.

SP: muscularse; FR: se muscler; RU: набирать мышечную массу.

**TRIM DOWN** – lose weight, become thinner.

SP: adelgazar; FR: maigrir; RU: худеть.

## QUIZ

One day Alice in Wonderland realised that she had \_\_\_\_\_ cause she used to eat 12 magic cakes every day. She asked Cheshire cat to give her a magic pill to \_\_\_\_\_. Unfortunately, he gave her a wrong pill and she \_\_\_\_\_. She looked like a bodybuilder. What could Alice do? She started to jog from one kingdom to another to \_\_\_\_\_ extra kilos. Thus, she lost weight and \_\_\_\_\_ her legs.

She decided to go on a diet and never had 12 magic cakes a day ... only 11!

KEY: [OlyEnglish.ru](http://OlyEnglish.ru)

# Fitness QUIZ

Fill in the blanks. Mind GRAMMAR!

Use these options:

To TRIM DOWN, to ACHIEVE, to OVERTRAIN, to FILL OUT, to SWEAT OFF, to  
BEAST IT UP, to FIRM UP  
SHREDDED, STIFF, TRIM  
STRAIN, SIX PACK, SPARE TIRE

Many obese people participate in reality shows which help them to \_\_\_\_\_.  
The majority of the participants have \_\_\_\_\_ because it's common for their  
families to eat a lot.

Participants are committed to \_\_\_\_\_ their extra kilos. Women are looking  
forward to getting rid of their \_\_\_\_\_, men are eager to get  
\_\_\_\_\_ abs. That's why everybody is ready to \_\_\_\_\_. As none  
of the participants is used to exercising, they usually get \_\_\_\_\_ legs after  
the first days of working out. If participants don't train correctly, they can suffer from  
muscle \_\_\_\_\_.

Their coaches are \_\_\_\_\_ and even \_\_\_\_\_, they do their best to  
help the participants to \_\_\_\_\_ their bodies as well.

However, some of such shows have been closed as the contestants are believed to  
\_\_\_\_\_ and not get enough food and water in order to \_\_\_\_\_  
their biggest ambitions.

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