

Phrasal Verbs: Exercise & Physical Health

Intermediate (B1-B2)



WARM UP

Part 1. Discuss the following questions.

1. What's your favourite way to stay active or exercise regularly?
2. Do you prefer to **work out** at the gym, at home, or outdoors? Why?
3. How do you usually **warm up** before physical activity?

READING ACTIVITY

Part 1. Read the following text carefully.

Sam recently joined a local fitness class. At the start of every session, the trainer reminds everyone to **warm up** properly to avoid injury. They begin by **stretching out** their arms, legs, and back. After that, they **work out** for around 45 minutes, combining cardio and strength training. Sam finds some exercises tough, but he tries to **keep up** with the rest of the group. After the intense session, they **cool down** with breathing exercises and light stretching. Sam enjoys the feeling of having **burnt off** some calories and feels that each session helps him **tone up** his muscles. Over time, he has been able to **build up** more stamina and is proud of his progress.

Part 2. Answer the comprehension questions.

1. Why does the trainer ask everyone to warm up?
2. What does Sam do to stretch out during the session?
3. How does Sam feel during the more difficult exercises?
4. What has Sam been able to build up over time?

DEFINITION MATCHING

Part 1. Match each phrasal verb to its correct definition. Can you guess any before looking at the options?

Warm up

Work out

Cool down

Stretch out

Burn off

Build up

Tone up

Keep up

1. _____ to maintain the same speed, level, or effort as others
2. _____ to extend your body or limbs to increase flexibility
3. _____ to prepare the body for exercise with light movement
4. _____ to use energy or calories through physical activity
5. _____ to make muscles stronger and more defined
6. _____ to do physical exercise to improve health or fitness
7. _____ to reduce the intensity of activity to return the body to a normal state
8. _____ to increase strength, fitness, or endurance gradually



COLLOCATION MATCHING

Part 1. Match the phrasal verbs with what they often collocate with.

Warm up	Work out	Cool down	Stretch out
Burn off	Build up	Tone up	Keep up

1. _____ your stomach
2. _____ regularly at the gym
3. _____ your pace during the run
4. _____ before lifting heavy weights
5. _____ your strength over time
6. _____ with gentle breathing and stretches
7. _____ some extra calories
8. _____ your arms and legs fully

SENTENCE TRANSFORMATION

Part 1. Rewrite the following sentences using the target phrasal verbs so that the meaning stays the same.

1. I struggled to maintain the same pace as the others.
2. You should prepare your body before exercising.
3. I go to the gym three times a week for physical training.
4. After running, I always take time to relax my body gradually.
5. These exercises help make your muscles more defined.
6. He extended his muscles before starting yoga.
7. I try to use up extra energy by walking instead of driving.
8. Over the past few months, I've increased my fitness level.

SENTENCE GAP-FILL

Part 1. Use the correct form of the phrasal verb in brackets to complete each sentence.

1. She _____ every time before her Pilates class. (warm up)
2. I _____ regularly since January and feel stronger. (work out)
3. After spinning class, we _____ with some stretches. (cool down)
4. He _____ his legs carefully before starting his hike. (stretch out)
5. We _____ a lot of calories on the mountain trail. (burn off)
6. They _____ their stamina slowly over the past few weeks. (build up)
7. I _____ my upper body since switching to resistance bands. (tone up)
8. I was exhausted, but I _____ with the group until the end. (keep up)

SPEAKING

Part 1. Answer the questions using the target phrasal verbs.

1. How do you normally **warm up** before any type of physical activity?
2. How often do you **work out**?
3. Why is it important to **cool down** after exercise?
4. What helps you **stretch out** tight muscles?
5. What's your favourite way to **burn off** extra energy or stress?
6. How can someone **build up** strength or endurance over time?
7. What types of exercise help you **tone up** specific areas?
8. Have you ever struggled to **keep up** in a group class or activity?

