

Fitness collocations

Match the nouns below to the groups of collocations

Flexibility	Breath	Sweat	Strength	Speed	Stamina
1.	2.	3.	4.		
Work up a	Get out of	High	Build up your		
Break out in a cold	Draw a	Breakneck	Lack		
I'm dripping in	Be short of	Increase your	A test of		
I'm -ing my socks off!	I can't catch my	A burst of	Mental		
5.	6.				
Superhuman	Maintain				
Stay in bed and regain-	Restore				
Build up your -	Have				
Superior	A great degree				

Choose a collocation from above and put it in the space below.

1. The volunteers are to make sure everything is ready on time.
2. It was boiling hot in Dubai! Honestly, I couldn't believe it! I was sweating _____ all day. I didn't want to leave the hotel!
3. In 2016, I'm going to start going to the gym again, I really need to _____ my strength. My muscles are just so small!
4. Gymnasts have to _____ a great degree of flexibility in order to be considered for participation in the Olympics.
5. He looked like he was going to lose the race, but a sudden _____ pushed him into first place, giving him the gold medal
6. I'll start running again in a second, just wait a sec. I need to _____.

Definitions:

To work up a sweat: To put a lot of effort into something

To break out in a cold sweat – To become frightened or nervous and begin to sweat

I'm dripping in sweat – To sweat very much

I'm sweating my socks off (UK) – To sweat very much

Get out of breath – To be breathing in a lot of air, especially after a lot of exercise.

To draw a breath – To pause for a moment to take a breath and breathe more slowly

To be short of breath – To have difficulty breathing

To catch your breath – To rest after exercising to make the speed you breath at normal again

(at) high speed – To happen very quickly

(at) breakneck speed – To happen very quickly, possibly dangerously

To increase your speed – To begin to move faster

A burst of speed – A sudden show of extra effort and increase in speed

To build your stamina – To make your physical or mental strength to do something for a long time increase

To lack stamina – To not be able to do something for a long time

A test of stamina – A challenge that evaluates your ability to do something for a long time

Mental stamina – Your ability to do a thinking task for a long time

Superhuman strength – Strength that is more than normal or expected

Stay in bed and regain strength – something you do when you are ill in order to make the illness go away.

Build up your strength – To make your power increase

Superior strength – Strength that is better than another's

Maintain flexibility – To be able to keep your body in good shape so it can bend easily

Restore flexibility – If you are unfit, and your body does not bend easily, you need to restore flexibility so that it can bend again

A great degree of flexibility – Has the ability to bend a lot without breaking

Answer Key to Gap Fill

1. Working up a sweat

2. My socks off

3. Build up

4. Maintain

5. Burst of speed

6. Catch my breath

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