

Look at the **sentences**. Choose the **correct** option.

1. Before you start doing exercise it's really important to take at least 5 minutes to **warm up/give up**.
2. He had to **drop out of/ give up** the race because of his sprained ankle
3. How often do you **work out/ try out**?
4. If I hadn't **worked it off/given up**, I would have won the race.
5. I **tried out for/caught up with** the hockey team, but didn't make it.
6. I would love to **bulk up/ warm up** and gain at least 5 more kilos
7. I'm not scared of being **knocked out/dropped out**, since there is no full contact.
8. The best thing to do when you are overworked is to hit the gym and **warm up/ work it off**.
9. When I finish my exercise I do some light stretching to **warm up/cool down**.
10. You will never **catch up with/give up** me. I'm just too fast for you old man.

Fill in the **blanks** with the correct phrasal verb. Don't forget to **use the correct tense**.

1. If you don't run faster I'll _____ you really quickly.
2. I had to _____ of football training, because I didn't have enough time to study.
3. I never had any issue _____ as I was already pretty heavy.
4. I should have _____, now I have a muscle cramp.
5. I try to _____ at least 5 times a week for 1 hour.
6. Look she's spinning around, I think I almost _____.
7. My personal trainer never lets me _____ and always pushes me further.
8. There were at least 50 people _____ the team.
9. What do you do after your exercise to help you _____?
10. Working out helps me _____ all my stress from work.

Answers

1. Before you start doing exercise it's really important to take at least 5 minutes to **warm up**
2. He had to **drop out of** the race because of his sprained ankle.
3. How often do you **work out**?
4. If I hadn't **given up**, I would have won the race.
5. I **tried out for** the hockey team, but didn't make it.
6. I would love to **bulk up** and gain at least 5 more kilos
7. I'm not scared of being **knocked out**, since there is no full contact.
8. The best thing to do when you are overworked is to hit the gym and **work it off**
9. When I finish my exercise I do some light stretching to **cool down**.
10. You will never **catch up with** me. I'm just too fast for you old man.

Fill in the blanks with the correct phrasal verb. Don't forget to **use the correct tense**.

1. If you don't run fast I'll **catch up with** you really quickly.
2. I had to **drop out of** football training, because I didn't have enough time to study.
3. I never had any issue **bulking up** as I was already pretty heavy.
4. I should have **warmed up**, now I have a muscle cramp.
5. I try to **work out** at least 5 times a week for 1 hour.
6. Look she's spinning around, I think I almost **knocked her out**.
7. My personal trainer never lets me **give up** and always pushes me further.
8. There were at least 50 people **trying out for** the team.
9. What do you do after your exercise to help you **cool down**?
10. Working out helps me **work off** all my stress from work.