14.2. Key Words

Physical fitness	اللياقة البدنية	Barbells	الثقل
ability	القابلية	Free weights	اوزان حرة
daily activities	الفعاليات اليومية	Cardio area	منطقة التمارين القلبية
tired	تعب	Equipment	معدات
workout	تمرن	Cardiovascular training	تدريب قلبي
Develop	يطور	Ergometer	الدراجة الثابتة
Health center	مراكز لياقة	Treadmill	الحزام المتحرك
Aerobics	تمارين هوائية	Group exercises area	منطقة التمارين الجماعية
training	تدريب	Fitness instructor	مدرب لياقة
Exercises machines	اجهزة تمرين	yoga	يوغا
Trainer	مدرب	Stretching	تمطية
Main	اساسية	Sit-ups	تمارين بطن
Workout area	منطقة التمرين	Pushups	تمارين شناو
Dumbbells	دمبلصات		

Spotlights

- Consider the word Fitness. What does –ness mean?
- The word train is the railway engine that pulls a number of carriages and takes people and goods from one place to another. What is the word family of train?
- Both of training and workout are synonyms. Which one is exclusively used for fitness?
- What do you know about these words: Trainer, instructor, cardio-, CPR

-ness is a noun suffix. It refers to the quality, state or character of sth as happiness, blindness, dryness, silliness, fitness, etc.

Which Word? trainer/ instructor

- Both of these words are synonyms.
- **Trainer** a person who teaches people or animals to perform a particular job or skill well, or to do a particular sport: *Her trainer had decided she shouldn't run in the race.*
- **Instructor exclusively refers to** a person whose job is to teach sb a particular skill or sport: *a driving instructor, fitness instructor.* In *AmE* it means a teacher below the rank of ASSISTANT PROFFESSOR at a college or university.

Which Word? Training / Workout

- **Training** refers to the process of preparing to take a part in a sport competition by doing physical exercises: *to be in training for a race.*
- **Workout** exclusively refers to a period of physical exercise that you do to keep fit: *She does a 20-minute workout every morning.*

Word Family
train *n., v.*
trainee *n.*
trainer *n.*
training *n*

Cardio- a prefix means heart: cardiovascular, cardiogram, cardio-pulmonary. CPR is the initials of cardio-pulmonary resuscitation. A first aid technique to save a person whose heart has stopped.

Unit Fourteen

14.1. Physical Fitness

Fitness is the ability to do daily activities without fatigue (getting very tired). People should workout three times a week to develop their fitness. They can go walking, jogging, running or cycling or they can go to a health center (also called a gym).

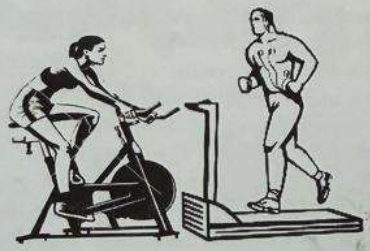
In health centers one can develop his fitness either by doing aerobics, training on machines, or training with or without a trainer. Any health club consists of the following:

Main workout areas consist of dumbbells, barbells, free weights and exercises machines.






Cardio Area: This area (theater) consists of equipment for cardiovascular training like ergometer and treadmill.



Group exercises area:

Usually a fitness instructor gives aerobics and yoga



Stretching



Sit-ups



Pushups



Yoga

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