

PHRASAL VERBS

A B O U T

SPORT

work out

I work out at the gym two times a week.

- Do you work out?

to exercise in order to improve the strength or appearance of your body

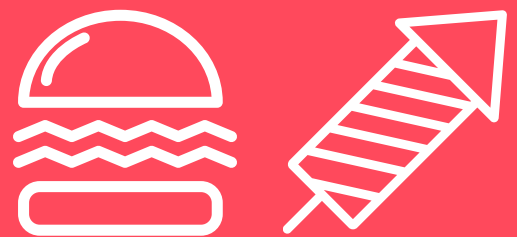


burn off

We eat too much and don't burn it off with enough exercise.

- What's the best way to burn off extra calories?

If you burn off kilograms or something that you have eaten, you do exercise:

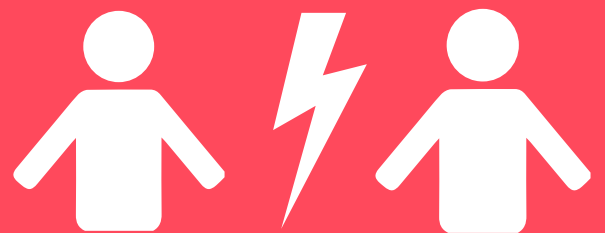


try out for

Luke's trying out for the college football team.

- Have you ever tried out for a team?

to compete for a position in a sports team or a part in a play



bulk up

This season, he has bulked up to 130 kilos!

- Do you know anybody who has bulked up?

to make your body bigger and heavier, especially by gaining more muscle

