Unit 30 — English for Weightlifting

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Barbell

A long metal bar for lifting weights.

"Harout loaded the barbell with heavy plates, preparing for a challenging set of squats that would test his strength and endurance."

Bench Press

Lifting a barbell while lying on a bench.

"Harout performed a bench press with impressive strength, showcasing his well-developed chest muscles and years of dedicated training in weightlifting."

Cool Down

Relaxing the body after exercise.

"Harout finished with a cool down to relax his muscles and promote recovery after the intense weightlifting session, helping his body adapt and rebuild."

Deadlift

Lifting a barbell from the floor.

"Harout prepared for a deadlift, setting his stance and grip before powerfully lifting the barbell off the floor, displaying his incredible back and core strength."

Dumbbell

A short bar with weights on each end.

"Larry picked up a dumbbell, attempting a bicep curl but struggling due to his lack of training and reliance on energy drinks instead of proper exercise."

Form

The correct way to perform an exercise.

"Harout emphasized the importance of proper form, ensuring that each exercise was executed correctly to maximize effectiveness and minimize the risk of injury."

Gains

Increases in muscle size and strength.

"Harout noticed significant gains in his muscle size and strength, a testament to his consistent training, proper nutrition, and dedication to weightlifting."

Gym

A place for exercise.

"Harout spent hours at the gym, pushing himself to new limits and achieving his fitness goals through consistent training and unwavering dedication."

Monster Energy

A sugary energy drink

"Larry downed another can of Monster Energy, hoping for a quick energy boost but neglecting the importance of proper nutrition and consistent training for long-term fitness."

Muscle

Tissue that contracts to produce movement.

"Harout flexed his muscles, admiring the results of his hard work and dedication to weightlifting, seeing the physical manifestation of his strength and discipline."

Personal Best

The most weight you have ever lifted.

"Harout celebrated his personal best, feeling a sense of accomplishment and motivation to continue pushing his limits and achieving new heights in weightlifting."

Progress

Improvement in Strength

"Harout tracked his progress diligently, noting the improvements in his strength and muscle development, motivating him to continue pushing his limits and achieving new milestones."

Rep

One complete movement of an exercise.

"Harout completed another rep of the exercise, maintaining focus and control as he pushed through the set, building strength and muscle endurance."

Set

A group of reps.

"Harout finished his set of squats, feeling the burn in his muscles and knowing that he was making progress towards his strength goals with each completed rep."

Spotter

Someone who watches and assists a lifter.

"Harout asked for a spotter to assist him during his heavy bench press, ensuring his safety and providing support if he struggled with the weight."

Squat

Lowering the body with a barbell on the back.

"Harout executed a deep squat with perfect form, demonstrating his leg strength and stability while maintaining control of the heavy barbell."

Strength

The ability to exert force.

"Harout's strength was evident as he effortlessly lifted heavy weights, inspiring others in the gym with his power and determination."

Warm Up

Preparing the body for exercise.

"Harout started with a warm up to prepare his muscles and joints for the heavy lifting ahead, reducing the risk of injury and improving his performance."

Weight Plate

A disc of metal used to add weight to a barbell or dumbbell.

"Harout added more weight plates to the barbell, increasing the load for his next set and pushing his limits in the weightlifting session."

Workout

A session of exercise.

"Harout planned his workout meticulously, selecting exercises and sets that would challenge his muscles and promote overall strength and fitness."