



Phrasal Verbs for The Olympics

I'm an athlete and I'm currently preparing for the Olympics. I need to **work out** every single day! My sport is running on the track. Before I start my exercise each day, I must remember to **warm up** so I don't damage my body.

Being a professional athlete is a difficult job. Sometimes you just want to **give up**! Luckily my coach and family are always there to **cheer** me **on**. When I run in my competitions, it is always for them. I never want to **let** them **down**. My sport is tough in competitions because there are numerous rounds and athletes are **knocked out** in each round. Competitions can be very long and tiring events.

After a long day of training, I always must remember to **cool down** and stretch my body.

Phrasal Verbs for The Olympics

to work out

intransitive

to do exercise

I work out every day

Phrasal Verbs for The Olympics

to warm up

intransitive / transitive - separable

to stretch and prepare the body for exercise

It's very important to warm up before each match

Phrasal Verbs for The Olympics

to give up

intransitive / transitive - separable

to stop because something is too difficult

I really don't want to give up!

Phrasal Verbs for The Olympics

to cheer on

transitive - separable

to support

My family always cheer me on.

Phrasal Verbs for The Olympics

to let down

transitive - separable

to disappoint

You will never let me down, I promise.

Phrasal Verbs for The Olympics

to knock out

transitive - separable

to beat

Luckily, I knocked my opponent out!

Phrasal Verbs for The Olympics

to cool down

intransitive / transitive - separable

to stretch the body to relax after exercise

We need to cool our bodies down now.