

Gym Exercises Pronunciation

Vocabulary	Phonetic Transcription
crunch	krʌnʃ
curl	kɜ:l
lift weights	lɪft weɪts
lunge	lʌndʒ
the plank	ðə plæŋk
pull-up	<u>pʊl</u> -ʌp
push-up	<u>pʊʃ</u> -ʌp
rep	rɛp
sit-up	<u>sɪt</u> -ʌp
set	sɛt
squat	skwɒt
star jump	stɑ: dʒʌmp
stretch	streɪʃ