



## Phrasal Verbs for The Gym

I recently **signed up** to the gym to **work out** and **tone up** my body. I always **warm up** before starting my exercises then I do some really intensive activities. After I've done a mixture of cardio and toning exercises, I need to **cool down** and I stretch my body.

To help tone my body, I also need to control my diet. I've **given up** all sweet food and **cut down on** caffeine too!

My partner is also on a health-kick at the moment but he's **bulking up** as he wants to **build up** his muscles.

# Phrasal Verbs for The Gym

**to sign up**

intransitive

**to enrol**

*Have you signed up to Spanish classes?*

# Phrasal Verbs for The Gym

**to work out**

intransitive

**to do exercise**

*Shall we work out later today?*

# Phrasal Verbs for The Gym

**to tone up**

transitive - separable

to become stronger and firmer

*I really need to tone up my muscles*

# Phrasal Verbs for The Gym

**to warm up**

intransitive / transitive - separable

to stretch and prepare for physical activity

*Don't forget to warm up!*

# Phrasal Verbs for The Gym

## to cool down

intransitive / transitive - separable

to stretch and prepare for rest after physical activity

*Let's cool down now!*

# Phrasal Verbs for The Gym

**to give up**

transitive - separable

**to stop consuming**

*I've given up chocolate for Lent*



# Phrasal Verbs for The Gym

**to cut down on**

transitive - inseparable

to reduce consumption

*We should cut down on saturated fat*

# Phrasal Verbs for The Gym

**to bulk up**

intransitive

to gain muscular weight

*Bodybuilders need to bulk up*

# Phrasal Verbs for The Gym

**to build up**

transitive - separable

to increase and make stronger

*Are you going to build your muscles up?*