



Today we will learn "exercise" English.
今天我們將學習“鍛煉”英語。

This way, we can study and get in shape at the same time.
這樣，我們可以同時學習和鍛煉身體。

We will learn how to say both cardio and weight training exercises.
我們將學習如何說有氧(心肺)運動和重量訓練運動。

cardio
有氧 (心肺) 運動

weight training
重量訓練



I'm punching a punching bag.
我在打沙袋。

I'm doing pushups.
我在做俯臥撐。(伏地挺身)

This exercise is mainly for the chest muscles and triceps.
這個動作主要鍛煉胸肌和肱三頭肌。

I'm running on a treadmill.
我在跑步機上跑步。

I'm running faster on a treadmill.
我在跑步機上跑得更快。

I'm running slower on a treadmill.
我在跑步機上跑得比較慢。

I'm jogging on a treadmill.
我在跑步機上慢跑。



This is called a dumbbell.

.這稱為啞鈴。

I'm using a dumbbell to do curls.

我用啞鈴做二頭肌彎舉。

This is called a kettlebell.

這被稱為壺鈴。

I'm using a kettlebell to do shoulder presses.

我正在使用壺鈴進行肩部推舉。

This is called the shoulder.

這稱為肩部。

This muscle is called the deltoid.

這塊肌肉被稱為三角肌。

squats

深蹲

I'm using exercise equipment to do squats.

我正在使用健身器材做深蹲。



I'M DOING
PULLUPS.

我在做引體向上。

I'm doing pull ups.
我在做引體向上。

If the palm of your hand is facing out, it is called a pullup.
如果您的手掌朝外，則稱為引體向上。

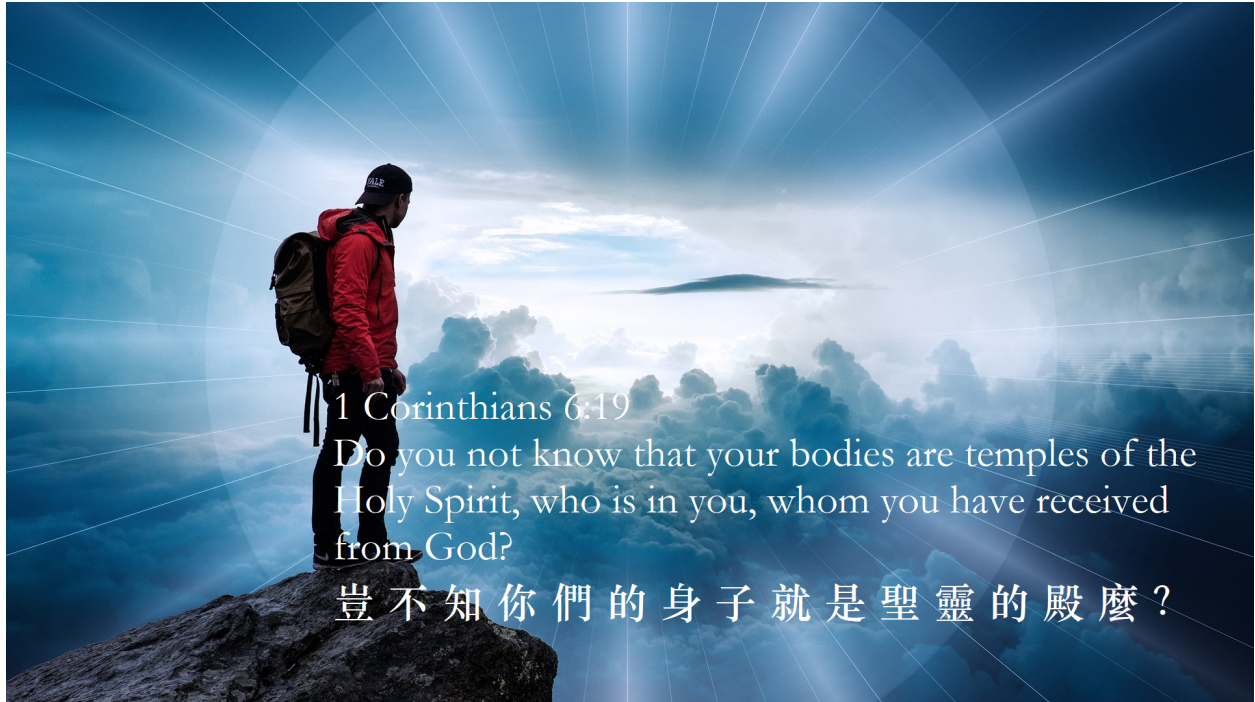
This exercise is mainly for the back muscles.
這個動作主要針對背部肌肉。

If the palm of your hand is facing in, it is called a chinup.
如果您的手掌朝內，則稱為引體向上。

This action is mainly for the biceps and lats.
這個動作主要針對二頭肌和背闊肌。

That's all for today. I hope today's lesson will not only help you learn English, but also help you stay healthy.

這就是今天的全部內容。我希望今天的課程不僅可以幫助您學習英語，還可以幫助您保持健康。



1 Corinthians 6:19

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?

豈不知你們的身子就是聖靈的殿麼？

1 Corinthians 6:19

19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; **20** you were bought at a price. Therefore honor God with your bodies.

歌林多前書 6:19-20

19 豈不知你們的身子就是聖靈的殿麼？這聖靈是從神而來，住在你們裡頭的；並且你們不是自己的人；**20** 因為你們是重價買來的。所以，要在你們的身子上榮耀神