

English Tutorial Classes Week 2

1. Resistance training involves exercises that make your muscles work against an opposing force.
 2. Calisthenics refers to a form of exercise that uses your body weight for resistance, typically involving movements like jumping, bending, swinging, or stretching.
 3. The phrase "has the body of a Greek god" is often used to compliment....
 4. Calisthenics experienced its second golden age in the 1800s. During this century, gymnastics emerged, and strongmen became a notable phenomenon.
 5. In the 1950s, Angelo Siciliano, who went by the stage name Charles Atlas,
 6. I am a competitive football player. This means I play football at a high level, like in a team or league where we compete against other skilled teams.
 7. Icons in bodybuilding, like Arnold Schwarzenegger and Sergio Oliva, earned the moniker "mass monsters" due to their impressive physiques.
 8. Approaches in bodybuilding that focus on excessive muscle development often result in joint pain, injuries, imbalanced physiques, and poor cardiovascular health.
 9. A full-body calisthenics workout engages various muscle groups throughout the body without relying on external weights or equipment
 10. I am a professional judoka. Judo is a martial art that I have dedicated a lot of time and effort to mastering.
- A. Being a professional means I not only practice judo regularly but also compete at a high level. I may participate in tournaments and championships, aiming to win and represent my skills in judo.
 - B. Consequently, many of the latest and most popular programs now prioritize methods based on calisthenics.
 - C. This force could be weights, resistance bands, or even your body weight. The goal is to strengthen and tone your muscles by challenging them to overcome resistance.
 - D. It doesn't require additional equipment or weights. Instead, it relies on the natural resistance of your own body to build strength, flexibility, and endurance.
 - E. It typically includes exercises that target the abdominal muscles, chest, arms, legs, and some parts of the back.
 - F. someone's well-developed and muscular physique.
 - G. was crowned "The World's Most Perfectly Developed Man".
 - H. I practice regularly, work with my teammates, and aim to improve my skills. Playing football is not just a hobby for me; it's a serious sport.
 - I. Strongmen were individuals with extraordinary physical strength who toured the nation showcasing their impressive abilities to amazed audiences.
 - J. Achieving such extreme physical development was only possible with the assistance of anabolic steroids – synthetic hormones that enhanced muscle growth.

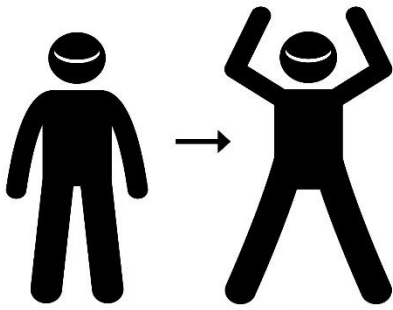
English Tutorial Classes Week 2

2. Insert the correct word:

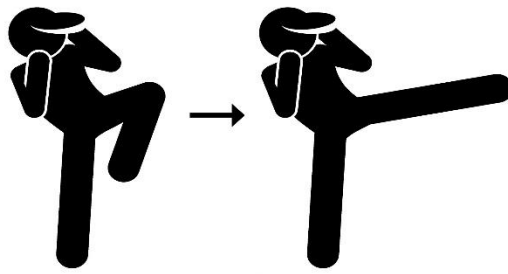
1. Stand against a wall with your knees bent at a 90-degree angle, as if sitting in an invisible chair. Hold this position. This is a _____.
2. Stand with your feet together, then step forward with one leg and lower your body until both knees are bent at a 90-degree angle. Alternate legs. These are _____.
3. Sit on the edge of a sturdy surface, grip the edge with your hands, and lower your body by bending your elbows. Push back up. These are _____.
4. Lie on your back, lift your legs toward the ceiling, and then lower them back down without letting them touch the ground. These are _____.
5. Stand with your feet together, then jump and spread your legs while raising your arms overhead. Jump back to the starting position. These are _____.
6. Place your hands on the floor, jump your feet back, perform a push-up, and then jump your feet back towards your hands. Finish by jumping up with arms raised. These are _____.
7. Lie on your back with your knees bent and hands behind your head. Lift your upper body toward your knees. These are _____.
8. Start with your feet shoulder-width apart and lower your body by bending your knees. Push back up to the starting position. These are called _____.
9. Lie on your back, grip a horizontal bar overhead with your palms facing away, and pull your body up. These are _____.
10. Support your body on your hands and toes, keeping your body in a straight line. Hold this position. This is a _____.
11. Stand with your feet hip-width apart, then rise onto your toes and lower back down. These are _____.
12. Find a horizontal bar overhead, grip it with your palms facing you, and pull your body up. These are _____.
13. Sit on the floor, lean back slightly, and lift your legs off the ground. Twist your torso side to side. These are _____.
14. Start in a plank position, then bring one knee toward your chest, alternating legs in a running motion. These are _____.
15. Lie on your back, bend your knees, and lift your hips toward the ceiling, squeezing your glutes at the top. These are _____.

English Tutorial Classes Week 2

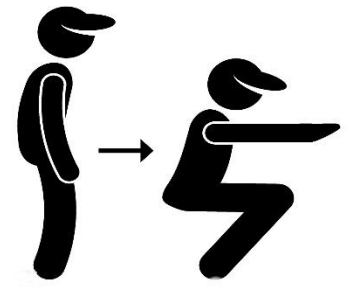
1. Name the exercises:



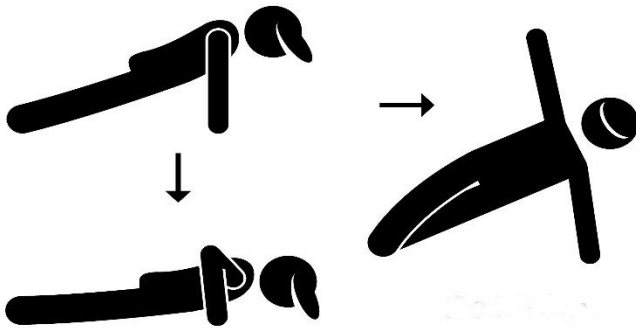
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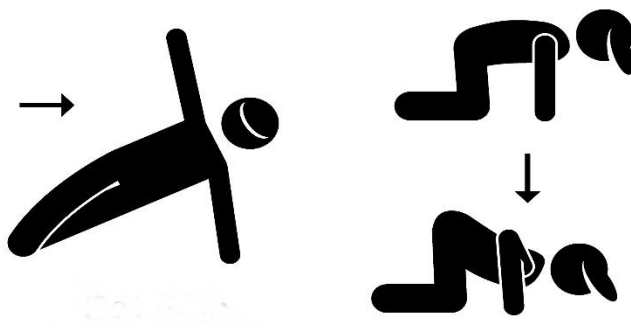
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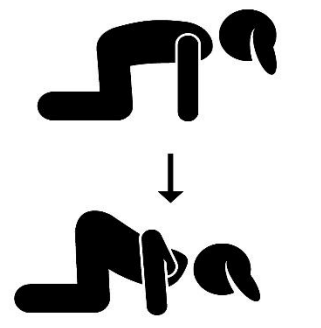
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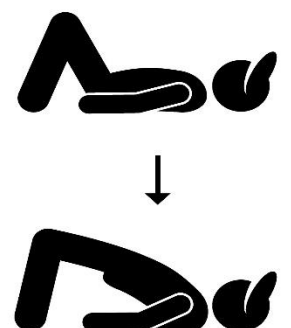
4. _____



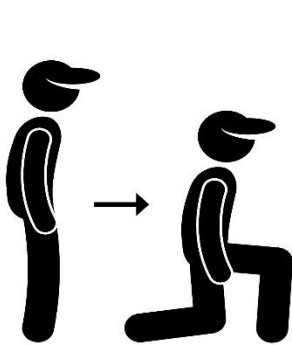
5. _____



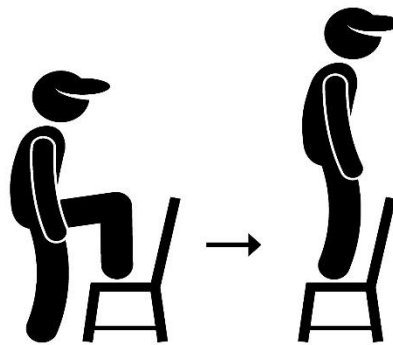
6. _____



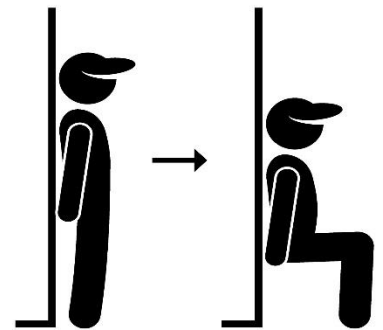
7. _____



8. _____



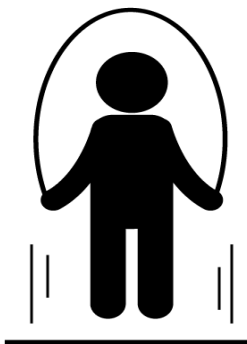
9. _____



10. _____



11. _____



12. _____



13. _____

English Tutorial Classes Week 2

4. Insert "play," "do," or "go" into the blanks:

- 1) I _____ badminton every weekend.
- 2) Let's _____ some yoga to relax our minds.
- 3) He decided to _____ boxing for his fitness routine.
- 4) We should _____ for a jog in the park.
- 5) She likes to _____ volleyball on the beach.
- 6) _____ you want to try weightlifting with me?
- 7) They always _____ handball during their lunch break.
- 8) I can't wait to _____ surfing on our vacation.
- 9) It's essential to _____ some stretching before exercising.
- 10) Do you want to _____ basketball at the community center?
- 11) Let's _____ some gymnastics to improve flexibility.
- 12) We should _____ for a swim at the pool.
- 13) He decided to _____ rugby to stay active.
- 14) She loves to _____ table tennis with her friends.
- 15) We all need to _____ more exercise.
- 16) Tell me, where are you going to _____ skiing this winter?
- 17) On weekends, I like to _____ football with my friends at the park.
- 18) She decided to _____ judo to improve her self-defense skills.
- 19) Dad's gone to _____ golf.
- 20) They often _____ for a walk in the evening to stay active.
- 21) I _____ weightlifting to strengthen my muscles.

5. Circle the correct word:

- a) Yoga is an excellent way to jump, walk, stretch, hit and improve flexibility.
- b) Gymnasts need to throw, bend, serve, swim their bodies in various ways during routines.
- c) During weekends, we often sprint, jump, ride, catch our bikes along beautiful trails in the mountains.
- d) Defenders aim to dribble, score, block, pass the opponent's shots in basketball.
- e) Athletes race, kick, ski, swim against each other to determine the fastest runner.
- f) Basketball players often ride, run, dribble, bend the ball rapidly down the court.
- g) If you come second in a race, you are the loser, runner-up, competitor, participant.
- h) A well-timed play, throw, race, swim can make a significant impact in a basketball game.
- i) Soccer players practice their ability to ride, lose, kick, win the ball accurately.
- j) If the score is 0-0, the game is a win, draw, beat, loss.

6. Translate the following sentences:

- 1) It's okay to lose a game; the important thing is to have fun playing.

- 2) The soccer match ended in a tie between the two teams.

- 3) He was determined to win every race he entered as he continued to compete in various sports.

- 4) Fudbalski tim je dao gol u posljednjem minutu utakmice.

- 5) Ana je s lakoćom poslala lopticu preko mreže, osvajajući bod na teniskom terenu.
