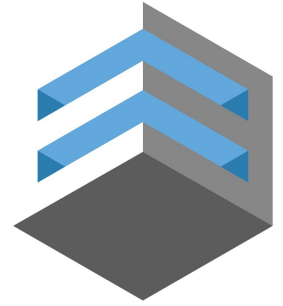


# Englist.me



## Vocabulary Builder Reference from...

*Malachy McHugh: How stretching actually changes your muscles | TED Talk*

[https://www.ted.com/talks/malachy\\_mchugh\\_how\\_stretching\\_actually\\_changes\\_your\\_muscles](https://www.ted.com/talks/malachy_mchugh_how_stretching_actually_changes_your_muscles)

### All Words

#### IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

## Session 1: Word List

### athlete

*n.* a person who competes in one or more sports that involve physical strength, speed, or endurance

*synonym*: player, contestant, jock

(1) become a professional **athlete**, (2) high school **athletes**  
His dream is to become an Olympic **athlete**.

### gear

*n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose

*synonym*: equipment, tools, apparatus

(1) sports **gear**, (2) a **gear** change lever  
She checked her **gear** before embarking on the hike.

### warm-up

*v.* to prepare oneself physically, mentally, or emotionally for an activity or performance by engaging in light exercises, practice, or relaxation techniques; (noun) a period of preparation or exercise that is done before a more intense activity or performance

*synonym*: prepare, limber up

(1) **warm-up** exercises, (2) **warm-up** the crowd  
It's important to **warm-up** before exercising to prevent injury.

## routine

*n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

*synonym*: habit, custom, procedure

(1) **routine** business, (2) a built-in diagnostic **routine**

She studies gardening on a **routine** basis.

## stretch

*v.* to make or be capable of making anything longer or broader without hurting or breaking

*synonym*: lengthen, prolong, extend

(1) **stretch** along the coast, (2) **stretch** a story

Some herds have been observed to **stretch** hundreds of kilometers.

## typical

*adj.* having the usual characteristics or traits of a specific group of things

*synonym*: characteristic, usual, distinctive

(1) **typical** leader, (2) fairly **typical** symptoms

This artwork is **typical** of her work.

## injury

*n.* harm done to a person's or an animal's body caused by an accident or an attack

*synonym*: wound, damage, hurt

(1) without **injury**, (2) a fatal **injury**

My accidental **injury** got better right away.

## strain

*n.* a force or pressure that stretches or pulls something, sometimes causing damage; (biology) a group of organisms within a species that differ in trivial ways from similar groups

*synonym*: pressure, tension, breed

(1) **strain** our eyes, (2) a **strain** of bacillus

Dictators of the past often had the erroneous idea of a pure racial **strain**.

## dynamic

*adj.* having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the

forces that cause motions of bodies)

*synonym*: energetic, active, vital

(1) a **dynamic** market, (2) **dynamic** person

The sprinter has a **dynamic** way of running.

## movement

*n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

*synonym*: motion, progression, action

(1) a circular **movement**, (2) **movement** of troops

The **movement** of the dancers on stage was graceful and elegant.

## engage

*v.* to attract and keep someone's attention and interest; to participate in or obtain services of something

*synonym*: confront, employ, amuse

(1) **engage** in environmental protection activities,

(2) **engage** a new employee

Many multinational companies are **engaged** in the reconstruction of that country.

## static

*adj.* not moving or not capable of moving, not changing or not capable of changing

*synonym*: immobile, unchanging, fixed

(1) **static** electricity, (2) **static** website

The **static** image on the screen took a lot of work to make out.

## hamstring

*n.* a group of three muscles located on the back of the thigh that are responsible for flexing the knee joint and extending the hip joint; (verb) to impair or disable someone or something by damaging their effectiveness, strength, or power, particularly in a way that restricts movement or agility

*synonym*: leg muscle, (verb) impede, (verb) hinder

(1) **hamstring** injury, (2) **hamstring** his effort

Physical therapy can be useful in rehabilitating a **hamstring** injury.

## interval

*n.* a period between two events or times; a short break or pause

*synonym*: break, gap, intermission

(1) after an **interval** of pause, (2) at regular **intervals**

For the analysis **interval**, the system remains at a standstill state.

## rub

*v.* to move one's hand or an object over the surface of something with pressure

*synonym*: scrub, massage, stroke

(1) **rub** shoulders, (2) **rub** a glass window

She **rubbed** the sore spot on her leg to ease the pain.

## comprise

*v.* to include or consist of something; the act of making up or forming something

*synonym*: consist of, include, be composed of

(1) **comprise** a large percentage, (2) **comprise** the recent past

The team **comprises** players from different countries.

## tissue

*n.* an ensemble of similar cells of the animal or plant that together carry out a specific function

*synonym*: structure, texture, anatomy

(1) a facial **tissue**, (2) loss of muscle **tissue**

The researcher separated the nervous **tissue** for microscopic examinations.

## interact

*v.* to communicate or react with somebody

*synonym*: cooperate, combine, collaborate

(1) **interact** directly with customers, (2) **interact** with one another

He should **interact** more with his colleagues.

## complexity

*n.* the state or quality of being complicated or intricate and difficult to understand

*synonym*: intricacy, sophistication, elaboration

(1) cognitive **complexity**, (2) **complexity** theory

The project's **complexity** made it difficult for the team to complete it on time.

## elastic

*adj.* flexible, resilient, or adaptable; (noun) a stretchy material or band that can be stretched and then returned to its original shape; something that is flexible and adaptable

*synonym*: stretchy, flexible, resilient

(1) **elastic** body, (2) **elastic** waistband

The skin of a snake is remarkably **elastic**, allowing it to slither through tight spaces.

## resist

*v.* to refuse to accept something and attempt to prevent it from happening

*synonym*: fight, defy, revolt

(1) **resist** temptation, (2) **resist** being kissed

I chose to **resist** cancer by trying every possible treatment.

## viscoelastic

*adj.* exhibiting properties of both viscosity (= resistance to flow) and elasticity (= ability to return to original shape after being stretched or compressed)

*synonym*: elastic, flexible, stretchy

(1) **viscoelastic** fluid dynamics, (2) **viscoelastic** material

**Viscoelastic** properties allow the material to be molded and shaped without losing its original form.

## addition

*n.* the act or process of adding something to something else; the process of adding numbers

*synonym*: accumulation, expansion, addendum

(1) chemical **addition**, (2) **addition** of vectors

In **addition**, private corporations provide healthcare services.

## surrounding

*adj.* that is near or around, or closely encircling something

*synonym*: circumferent, encircling, neighboring

(1) **surrounding** areas, (2) a fence **surrounding** a castle

The **surrounding** mountains make the city difficult to be invaded.

## fiber

*n.* thread or filament used to make a vegetable tissue, mineral material, or textile

*synonym*: yarn, thread, wool

(1) carbon **fiber**, (2) synthetic **fiber**

We must consume dietary **fiber** to maintain good health.

## tendon

*n.* a strong, fibrous cord of tissue that connects muscle to bone

*synonym*: tissue, sinew, ligament

(1) **tendon** grafting, (2) **tendon** collagen

**Tendon** injuries are common among athletes.

## protein

*n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

(1) stress **protein**, (2) **protein** synthesis

The body needs a certain amount of **protein** to build and repair tissues.

## collagen

*n.* a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues

*synonym*: gelatin, protein, tissue

(1) **collagen** supplement, (2) **collagen** production

Our natural **collagen** production decreases as we age, leading to wrinkles, sagging skin, and joint pain.

## elastin

*n.* a fibrous protein that is a major component of elastic connective tissue in the body, such as in the skin, lungs, and arteries

*synonym*: connective tissue, protein, fiber

(1) **elastin** fibers, (2) **elastin** production

Certain medical conditions can cause **elastin** loss, weakening tissue and organ function.

## slightly

*adv.* in a small degree or extent; a little

*synonym*: barely, narrowly, scarcely

(1) increase **slightly**, (2) **slightly** alkaline soils

He moved his body **slightly** to the left.

## elongate

*v.* to extend something in length; to lengthen, stretch out, or to make longer

*synonym*: stretch, lengthen, extend

(1) **elongate** muscles, (2) **elongate** a dress

The yoga instructor told us to **elongate** our spines during the practice.

## duration

*n.* the length of time something lasts or continues

*synonym*: period, span, course

(1) the **duration** of insurance, (2) short **duration**

The military incarcerated him for the **duration** of the war.

## skeletal

*adj.* of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated

*synonym*: bony, emaciated, gaunt

(1) **skeletal** system, (2) **skeletal** muscles

The older man was skinny and **skeletal** and not in good health.

## sarcomere

*n.* the basic unit of contraction in skeletal and cardiac muscle, consisting of overlapping thick and thin filaments arranged in repeating units along the length of the muscle fiber

*synonym*: muscle fiber, contractile unit, myofibril

(1) **sarcomere** contraction, (2) **sarcomere** length

The shortening of the **sarcomere** initiates the contraction of a

muscle fiber.

## contract

*n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

*synonym*: agreement, deal, arrangement

(1) employment **contract**, (2) **contract** law

The company signed a **contract** with the supplier for the delivery of goods.

## relax

*v.* to become or cause someone to become less active or tense and calmer

*synonym*: soften, comfort, soothe

(1) **relax** a series of muscles, (2) **relax** at home

The rules were **relaxed** after the new executive arrived.

## propel

*v.* to move, drive or push something forward or in a particular direction, often with a lot of force

*synonym*: drive, push, move

(1) **propel** growth, (2) **propel** the ship

An increase in employment helps **propel** economic growth.

## retain

*v.* to keep or continue to possess or maintain something

*synonym*: possess, hold, keep on

(1) **retain** information, (2) **retain** a lawyer

Computers help people **retain** specific memories.

## strength

*n.* the quality or state of being physically, or sometimes mentally, strong

*synonym*: resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

## advantage

*n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

*synonym*: benefit, edge, asset



(1) score an **advantage**, (2) take **advantage** of his weak points

One of the main **advantages** of the new product is its increased efficiency.

## improvisation

*n.* the act of making something up on the spot or creating or performing something without preparation

*synonym*: spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

## resistance

*n.* the act of defending oneself from an aggressor or refusing to accept something

*synonym*: opposition, antagonism, defiance

(1) **resistance** movement, (2) **resistance** to insulin

The bill to increase the consumption tax had passed despite much **resistance** from the public.

## continually

*adv.* in a way that happens without interruption or repeatedly

*synonym*: repeatedly, frequently, constantly

(1) **continually** access information, (2) **continually** changing world

Her tongue runs on **continually**.

## flexibility

*n.* the quality of changing or being changed easily according to new conditions or situations

*synonym*: elasticity, adaptability, resilience

(1) mental **flexibility**, (2) the **flexibility** of the body

We dealt with those problems with speed and **flexibility**.

## incur

*v.* to suffer from something, usually something negative, such as a loss, cost, or financial burden; to become subject to something as a result of one's actions or conduct

*synonym*: suffer, acquire, accumulate

(1) **incur** a \$50 fine for, (2) **incur** a great danger  
I didn't mean to **incur** such a large debt on my credit card.

## **elevate**

*v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position

*synonym*: lift, heighten, promote

(1) **elevate** educational standards, (2) **elevate** a close relationship

Eating food in a hurry **elevates** blood glucose levels.

## **temperature**

*n.* the degree of hotness or coldness of a thing or place

*synonym*: climate, warmth, degree

(1) extreme **temperatures**, (2) the atmospheric **temperature**

Cities around the world set records for highest **temperatures** this summer.

## **maintain**

*v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

*synonym*: preserve, uphold, sustain

(1) **maintain** order, (2) **maintain** good health

I need to **maintain** my car regularly to prevent any major mechanical issues.

## **retract**

*v.* to take back, withdraw, or revoke something that has been said or done; to disavow or repudiate a statement or assertion that one has previously made

*synonym*: withdraw, take back, revoke

(1) **retract** a promise, (2) **retract** a lawsuit

I need to **retract** my statement because I realized it was incorrect.

## **temporary**

*adj.* not lasting or be used for a very long

*synonym*: provisional, short-term, interim

(1) a **temporary** permit, (2) **temporary** housing

He managed to get **temporary** jobs during the recession.

## permanent

*adj.* lasting for a long time without essential change

*synonym*: lasting, ceaseless, endless

(1) literature of **permanent** value, (2) **permanent** life insurance

She is searching for a **permanent** residence.

## improve

*v.* to make or become better

*synonym*: enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

## subtract

*v.* to take away or deduct a quantity or amount from a total;  
to remove or eliminate something from a larger whole

*synonym*: deduct, take away, remove

(1) **subtract** numbers, (2) **subtract** one from the total

I need to **subtract** the cost of my expenses from my income to see how much money I have left.

## frequent

*adj.* happening constantly

*synonym*: periodic, recurring, routine

(1) **frequent** absence, (2) **frequent** use

His heartaches are less **frequent** now.

## comprehensive

*adj.* complete and including all or everything necessary

*synonym*: complete, encyclopedic, thorough

(1) a **comprehensive** explanation, (2) conduct a **comprehensive** survey

We have a **comprehensive** grasp of this topic.

## regimen

*n.* a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health

*synonym*: routine, program, schedule

(1) fitness **regimen**, (2) **regimen** of chemotherapy

My doctor prescribed a strict **regimen** of exercise and healthy

eating to help me lose weight.

## roughly

*adv.* approximately but not precisely; with a violent manner

*synonym*: approximately, more or less, around

(1) **roughly** explain my idea, (2) **roughly** speaking

Five miles is **roughly** similar to eight kilometers.

## recommend

*v.* to suggest that someone or something would be a suitable fit for a particular purpose or role

*synonym*: advise, suggest, instruct

(1) **recommend** a hospitalization, (2) **recommend** reading

We **recommend** taking media training every six months.

## session

*n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity

*synonym*: conference, gathering

(1) the morning **session**, (2) the court **session**

Parliament is now in **session**.

## brain

*n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

*synonym*: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

## threshold

*n.* the floor or ground that forms the bottom of a doorway and offers support when passing through a doorway; the smallest detectable sensation

*synonym*: anteroom, brink, verge

(1) the **threshold** between rooms, (2) high pain **threshold**

She's on the **threshold** of adulthood.

## joint

*adj.* shared, held, or made between two or more people;  
(noun) the point of connection between two bones or elements of a skeleton

*synonym*: collaborative, cooperative, combined

(1) a **joint** venture, (2) the bone of a **joint**

After the summit meeting, the prime ministers issued a **joint** statement.

## flexible

*adj.* able to change or be changed to suit new conditions or situations; able to bend easily

*synonym*: adaptable, elastic, pliable

(1) **flexible** schedules, (2) a **flexible** wire

You can be more **flexible** and creative in your approach.

## distance

*n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance

*synonym*: space, gap, span

(1) driving **distance**, (2) social **distance**

The marathon runner covered a long **distance** in a short amount of time.

## involve

*v.* to include or affect someone or something as a necessary part of something else

*synonym*: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

## unlikely

*adj.* not probable or likely to happen

*synonym*: doubtful, questionable, far-fetched

(1) **unlikely** event, (2) it is **unlikely** that he would win the game

The passage of the bill is **unlikely**.

## mobility

*n.* the ability to move or be moved freely or easily from one place, job, or social class to another

*synonym*: flexibility, maneuverability

(1) lack in **mobility**, (2) improve social **mobility**  
I have limited **mobility** in my arms.

## Session 2: Spelling

- |                                   |   |
|-----------------------------------|---|
| 1. te_____ry housing              | <i>adj.</i> not lasting or be used for a very long  |
| 2. a g__r change lever            | <i>n.</i> a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose |
| 3. el_____c body                  | <i>adj.</i> flexible, resilient, or adaptable; (noun) a stretchy material or band that can be stretched and then returned to its original shape; something that is flexible and adaptable   |
| 4. cognitive com_____ty           | <i>n.</i> the state or quality of being complicated or intricate and difficult to understand  |
| 5. re___t temptation              | <i>v.</i> to refuse to accept something and attempt to prevent it from happening  |
| 6. mental fle_____ty              | <i>n.</i> the quality of changing or being changed easily according to new conditions or situations   |
| 7. a built-in diagnostic ro_____e | <i>n.</i> a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program   |
| 8. el_____e educational standards | <i>v.</i> to raise something from a lower to a higher position; to give a promotion to or assign to a higher position   |
| 9. pr___l the ship                | <i>v.</i> to move, drive or push something forward or in a particular direction, often with a lot of force  |

ANSWERS: 1. temporary, 2. gear, 3. elastic, 4. complexity, 5. resist, 6. flexibility, 7. routine, 8. elevate, 9. propel

- |                                |  |
|--------------------------------|--|
| 10. mo____nt of troops         | <i>n.</i> a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively |
| 11. increase sl____ly          | <i>adv.</i> in a small degree or extent; a little  |
| 12. the fle_____ty of the body | <i>n.</i> the quality of changing or being changed easily according to new conditions or situations  |
| 13. muscular st____th          | <i>n.</i> the quality or state of being physically, or sometimes mentally, strong  |
| 14. fl____le schedules         | <i>adj.</i> able to change or be changed to suit new conditions or situations; able to bend easily   |
| 15. su____ct numbers           | <i>v.</i> to take away or deduct a quantity or amount from a total; to remove or eliminate something from a larger whole   |
| 16. ro____e business           | <i>n.</i> a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program  |
| 17. st___c website             | <i>adj.</i> not moving or not capable of moving, not changing or not capable of changing   |
| 18. st___c electricity         | <i>adj.</i> not moving or not capable of moving, not changing or not capable of changing   |
| 19. fairly ty____l symptoms    | <i>adj.</i> having the usual characteristics or traits of a specific group of things   |
| 20. short du____on             | <i>n.</i> the length of time something lasts or continues  |

ANSWERS: 10. movement, 11. slightly, 12. flexibility, 13. strength, 14. flexible, 15. subtract, 16. routine, 17. static, 18. static, 19. typical, 20. duration



- |                                  |  |
|----------------------------------|--|
| 21. el____e a close relationship | <i>v.</i> to raise something from a lower to a higher position; to give a promotion to or assign to a higher position  |
| 22. after an in____al of pause   | <i>n.</i> a period between two events or times; a short break or pause   |
| 23. te____n collagen             | <i>n.</i> a strong, fibrous cord of tissue that connects muscle to bone  |
| 24. r_b shoulders                | <i>v.</i> to move one's hand or an object over the surface of something with pressure  |
| 25. the bone of a jo__t          | <i>adj.</i> shared, held, or made between two or more people; (noun) the point of connection between two bones or elements of a skeleton   |
| 26. dy____c person               | <i>adj.</i> having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies) |
| 27. te____n grafting             | <i>n.</i> a strong, fibrous cord of tissue that connects muscle to bone  |
| 28. loss of muscle ti____e       | <i>n.</i> an ensemble of similar cells of the animal or plant that together carry out a specific function  |
| 29. st____th of the economy      | <i>n.</i> the quality or state of being physically, or sometimes mentally, strong  |
| 30. in__r a great danger         | <i>v.</i> to suffer from something, usually something negative, such as a loss, cost, or financial burden; to become subject to something as a result of one's actions or conduct                                |

ANSWERS: 21. elevate, 22. interval, 23. tendon, 24. rub, 25. joint, 26. dynamic, 27. tendon, 28. tissue, 29. strength, 30. incur

- |                                       |  |
|---------------------------------------|--|
| 31. conduct a com_____ive survey      | <i>adj.</i> complete and including all or everything necessary   |
| 32. in_____ct with one another        | <i>v.</i> to communicate or react with somebody  |
| 33. pr_____n synthesis                | <i>n.</i> a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues |
| 34. a te_____ry permit                | <i>adj.</i> not lasting or be used for a very long   |
| 35. ma_____in good health             | <i>v.</i> to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true    |
| 36. in_____ct directly with customers | <i>v.</i> to communicate or react with somebody  |
| 37. basic br__n function              | <i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling                             |
| 38. su_____ct one from the total      | <i>v.</i> to take away or deduct a quantity or amount from a total; to remove or eliminate something from a larger whole             |
| 39. st_____h along the coast          | <i>v.</i> to make or be capable of making anything longer or broader without hurting or breaking                                     |
| 40. sur_____ng areas                  | <i>adj.</i> that is near or around, or closely encircling something  |
| 41. sk_____al muscles                 | <i>adj.</i> of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated  |
| 42. a fatal in_____y                  | <i>n.</i> harm done to a person's or an animal's body caused by an accident or an attack   |

ANSWERS: 31. comprehensive, 32. interact, 33. protein, 34. temporary, 35. maintain, 36. interact, 37. brain, 38. subtract, 39. stretch, 40. surrounding, 41. skeletal, 42. injury

- |                          |   |
|--------------------------|---|
| 43. st____h a story      | <i>v.</i> to make or be capable of making anything longer or broader without hurting or breaking  |
| 44. sports g__r          | <i>n.</i> a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose |
| 45. el____n production   | <i>n.</i> a fibrous protein that is a major component of elastic connective tissue in the body, such as in the skin, lungs, and arteries  |
| 46. sa____re contraction | <i>n.</i> the basic unit of contraction in skeletal and cardiac muscle, consisting of overlapping thick and thin filaments arranged in repeating units along the length of the muscle fiber |
| 47. chemical ad____on    | <i>n.</i> the act or process of adding something to something else; the process of adding numbers   |
| 48. employment co____ct  | <i>n.</i> a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law                      |
| 49. st____n our eyes     | <i>n.</i> a force or pressure that stretches or pulls something, sometimes causing damage; (biology) a group of organisms within a species that differ in trivial ways from similar groups  |

ANSWERS: 43. stretch, 44. gear, 45. elastin, 46. sarcomere, 47. addition, 48. contract, 49. strain

- |                                    |   |
|------------------------------------|---|
| 50. co____se the recent past       | <i>v.</i> to include or consist of something; the act of making up or forming something   |
| 51. high pain th_____ld            | <i>n.</i> the floor or ground that forms the bottom of a doorway and offers support when passing through a doorway; the smallest detectable sensation   |
| 52. permanent br__n damage         | <i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling  |
| 53. re_____t a lawsuit             | <i>v.</i> to take back, withdraw, or revoke something that has been said or done; to disavow or repudiate a statement or assertion that one has previously made   |
| 54. im_____e the test score        | <i>v.</i> to make or become better  |
| 55. the morning se_____n           | <i>n.</i> a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity  |
| 56. in_____e a high degree of risk | <i>v.</i> to include or affect someone or something as a necessary part of something else   |
| 57. ha_____ng injury               | <i>n.</i> a group of three muscles located on the back of the thigh that are responsible for flexing the knee joint and extending the hip joint; (verb) to impair or disable someone or something by damaging their effectiveness, strength, or power, particularly in a way that restricts movement or agility |

ANSWERS: 50. comprise, 51. threshold, 52. brain, 53. retract, 54. improve, 55. session, 56. involve, 57. hamstring

- |                                 |  |
|---------------------------------|--|
| 58. co____en production         | <i>n.</i> a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues   |
| 59. jazz imp_____ion            | <i>n.</i> the act of making something up on the spot or creating or performing something without preparation   |
| 60. re_____nd a hospitalization | <i>v.</i> to suggest that someone or something would be a suitable fit for a particular purpose or role  |
| 61. social di____ce             | <i>n.</i> the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance   |
| 62. without in____y             | <i>n.</i> harm done to a person's or an animal's body caused by an accident or an attack   |
| 63. in____e a lot of paperwork  | <i>v.</i> to include or affect someone or something as a necessary part of something else  |
| 64. wa____p exercises           | <i>v.</i> to prepare oneself physically, mentally, or emotionally for an activity or performance by engaging in light exercises, practice, or relaxation techniques; (noun) a period of preparation or exercise that is done before a more intense activity or performance |

ANSWERS: 58. collagen, 59. improvisation, 60. recommend, 61. distance, 62. injury, 63. involve, 64. warm-up

65. vis_____tic material	<i>adj.</i> exhibiting properties of both viscosity (= resistance to flow) and elasticity (= ability to return to original shape after being stretched or compressed)
66. the du_____on of insurance	<i>n.</i> the length of time something lasts or continues
67. the atmospheric tem_____re	<i>n.</i> the degree of hotness or coldness of a thing or place
68. con_____ly access information	<i>adv.</i> in a way that happens without interruption or repeatedly
69. fr_____nt use	<i>adj.</i> happening constantly
70. con_____ly changing world	<i>adv.</i> in a way that happens without interruption or repeatedly
71. sk_____al system	<i>adj.</i> of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated
72. com_____ty theory	<i>n.</i> the state or quality of being complicated or intricate and difficult to understand
73. res_____ce movement	<i>n.</i> the act of defending oneself from an aggressor or refusing to accept something
74. co_____en supplement	<i>n.</i> a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues
75. ma_____in order	<i>v.</i> to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

ANSWERS: 65. viscoelastic, 66. duration, 67. temperature, 68. continually, 69. frequent, 70. continually, 71. skeletal, 72. complexity, 73. resistance, 74. collagen, 75. maintain

76. high school at____es	<i>n.</i> a person who competes in one or more sports that involve physical strength, speed, or endurance
77. a jo__t venture	<i>adj.</i> shared, held, or made between two or more people; (noun) the point of connection between two bones or elements of a skeleton
78. ty____l leader	<i>adj.</i> having the usual characteristics or traits of a specific group of things
79. pe_____nt life insurance	<i>adj.</i> lasting for a long time without essential change
80. the court se____n	<i>n.</i> a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity
81. a facial ti___e	<i>n.</i> an ensemble of similar cells of the animal or plant that together carry out a specific function
82. become a professional at____e	<i>n.</i> a person who competes in one or more sports that involve physical strength, speed, or endurance
83. a fence sur_____ng a castle	<i>adj.</i> that is near or around, or closely encircling something
84. ro____y explain my idea	<i>adv.</i> approximately but not precisely; with a violent manner
85. improve social mo____ty	<i>n.</i> the ability to move or be moved freely or easily from one place, job, or social class to another
86. ha_____ng his effort	<i>n.</i> a group of three muscles located on the back of the thigh that are responsible for flexing the knee joint and extending the hip joint; (verb) to impair or disable someone or something by damaging their effectiveness, strength, or power, particularly in a way that restricts movement or agility

ANSWERS: 76. athlete, 77. joint, 78. typical, 79. permanent, 80. session, 81. tissue,

82. athlete, 83. surrounding, 84. roughly, 85. mobility, 86. hamstring



87. it is un\_\_\_\_ly that he would win the game  
*adj.* not probable or likely to happen
88. sa\_\_\_\_\_re length  
*n.* the basic unit of contraction in skeletal and cardiac muscle, consisting of overlapping thick and thin filaments arranged in repeating units along the length of the muscle fiber
89. the th\_\_\_\_\_ld between rooms  
*n.* the floor or ground that forms the bottom of a doorway and offers support when passing through a doorway; the smallest detectable sensation
90. el\_\_\_\_\_c waistband  
*adj.* flexible, resilient, or adaptable; (noun) a stretchy material or band that can be stretched and then returned to its original shape; something that is flexible and adaptable
91. a circular mo\_\_\_\_\_nt  
*n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
92. fr\_\_\_\_\_nt absence  
*adj.* happening constantly
93. lack in mo\_\_\_\_\_ty  
*n.* the ability to move or be moved freely or easily from one place, job, or social class to another
94. en\_\_\_\_e in environmental protection activities  
*v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
95. a dy\_\_\_\_\_c market  
*adj.* having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)

ANSWERS: 87. unlikely, 88. sarcomere, 89. threshold, 90. elastic, 91. movement, 92. frequent, 93. mobility, 94. engage, 95. dynamic

96. imp_____ion on stage	<i>n.</i> the act of making something up on the spot or creating or performing something without preparation
97. re_____n of chemotherapy	<i>n.</i> a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health
98. synthetic fi__r	<i>n.</i> thread or filament used to make a vegetable tissue, mineral material, or textile
99. driving di_____ce	<i>n.</i> the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance
100. sl_____ly alkaline soils	<i>adv.</i> in a small degree or extent; a little
101. extreme tem_____res	<i>n.</i> the degree of hotness or coldness of a thing or place
102. re__x at home	<i>v.</i> to become or cause someone to become less active or tense and calmer
103. res_____ce to insulin	<i>n.</i> the act of defending oneself from an aggressor or refusing to accept something
104. stress pr_____n	<i>n.</i> a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
105. re___t being kissed	<i>v.</i> to refuse to accept something and attempt to prevent it from happening
106. literature of pe_____nt value	<i>adj.</i> lasting for a long time without essential change

ANSWERS: 96. improvisation, 97. regimen, 98. fiber, 99. distance, 100. slightly, 101. temperature, 102. relax, 103. resistance, 104. protein, 105. resist, 106. permanent

107. re___n a lawyer	<i>v.</i> to keep or continue to possess or maintain something
108. co_____ct law	<i>n.</i> a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
109. ad_____on of vectors	<i>n.</i> the act or process of adding something to something else; the process of adding numbers
110. vis_____tic fluid dynamics	<i>adj.</i> exhibiting properties of both viscosity (= resistance to flow) and elasticity (= ability to return to original shape after being stretched or compressed)
111. en___e a new employee	<i>v.</i> to attract and keep someone's attention and interest; to participate in or obtain services of something
112. take ad_____ge of his weak points	<i>n.</i> a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
113. in__r a \$50 fine for	<i>v.</i> to suffer from something, usually something negative, such as a loss, cost, or financial burden; to become subject to something as a result of one's actions or conduct
114. re_____t a promise	<i>v.</i> to take back, withdraw, or revoke something that has been said or done; to disavow or repudiate a statement or assertion that one has previously made

ANSWERS: 107. retain, 108. contract, 109. addition, 110. viscoelastic, 111. engage, 112. advantage, 113. incur, 114. retract

115. im____e a process	<i>v.</i> to make or become better
116. pr____l growth	<i>v.</i> to move, drive or push something forward or in a particular direction, often with a lot of force
117. un____ly event	<i>adj.</i> not probable or likely to happen
118. re__x a series of muscles	<i>v.</i> to become or cause someone to become less active or tense and calmer
119. re____n information	<i>v.</i> to keep or continue to possess or maintain something
120. el____n fibers	<i>n.</i> a fibrous protein that is a major component of elastic connective tissue in the body, such as in the skin, lungs, and arteries
121. a com____ive explanation	<i>adj.</i> complete and including all or everything necessary
122. score an ad____ge	<i>n.</i> a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
123. a st____n of bacillus	<i>n.</i> a force or pressure that stretches or pulls something, sometimes causing damage; (biology) a group of organisms within a species that differ in trivial ways from similar groups
124. re____nd reading	<i>v.</i> to suggest that someone or something would be a suitable fit for a particular purpose or role
125. carbon fi__r	<i>n.</i> thread or filament used to make a vegetable tissue, mineral material, or textile

ANSWERS: 115. improve, 116. propel, 117. unlikely, 118. relax, 119. retain, 120. elastin, 121. comprehensive, 122. advantage, 123. strain, 124. recommend, 125. fiber

- |                                  |  |
|----------------------------------|--|
| 126. fitness re____n             | <i>n.</i> a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health   |
| 127. ro____y speaking            | <i>adv.</i> approximately but not precisely; with a violent manner   |
| 128. wa____p the crowd           | <i>v.</i> to prepare oneself physically, mentally, or emotionally for an activity or performance by engaging in light exercises, practice, or relaxation techniques; (noun) a period of preparation or exercise that is done before a more intense activity or performance |
| 129. at regular in____als        | <i>n.</i> a period between two events or times; a short break or pause   |
| 130. a fl____le wire             | <i>adj.</i> able to change or be changed to suit new conditions or situations; able to bend easily   |
| 131. r_b a glass window          | <i>v.</i> to move one's hand or an object over the surface of something with pressure  |
| 132. el____te muscles            | <i>v.</i> to extend something in length; to lengthen, stretch out, or to make longer   |
| 133. el____te a dress            | <i>v.</i> to extend something in length; to lengthen, stretch out, or to make longer   |
| 134. co____se a large percentage | <i>v.</i> to include or consist of something; the act of making up or forming something  |

ANSWERS: 126. regimen, 127. roughly, 128. warm-up, 129. interval, 130. flexible, 131. rub, 132. elongate, 133. elongate, 134. comprise

## Session 3: Fill in the Blanks

1. He created a beautiful piece of music using only \_\_\_\_\_.  
*n.* the act of making something up on the spot or creating or performing something without preparation
2. Dictators of the past often had the erroneous idea of a pure racial \_\_\_\_\_.  
*n.* a force or pressure that stretches or pulls something, sometimes causing damage; (biology) a group of organisms within a species that differ in trivial ways from similar groups
3. I need to \_\_\_\_\_ my car regularly to prevent any major mechanical issues.  
*v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
4. My doctor prescribed a strict \_\_\_\_\_ of exercise and healthy eating to help me lose weight.  
*n.* a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health
5. He moved his body \_\_\_\_\_ to the left.  
*adv.* in a small degree or extent; a little
6. One of the main \_\_\_\_\_ of the new product is its increased efficiency.  
*n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
7. The body needs a certain amount of \_\_\_\_\_ to build and repair tissues.  
*n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

ANSWERS: 1. improvisation, 2. strain, 3. maintain, 4. regimen, 5. slightly, 6. advantages, 7. protein

8. \_\_\_\_\_ injuries are common among athletes.
- n.* a strong, fibrous cord of tissue that connects muscle to bone
9. Parliament is now in \_\_\_\_\_.
- n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity
10. It's important to \_\_\_\_\_ before exercising to prevent injury.
- v.* to prepare oneself physically, mentally, or emotionally for an activity or performance by engaging in light exercises, practice, or relaxation techniques; (noun) a period of preparation or exercise that is done before a more intense activity or performance
11. The skin of a snake is remarkably \_\_\_\_\_ allowing it to slither through tight spaces.
- adj.* flexible, resilient, or adaptable; (noun) a stretchy material or band that can be stretched and then returned to its original shape; something that is flexible and adaptable
12. This artwork is \_\_\_\_\_ of her work.
- adj.* having the usual characteristics or traits of a specific group of things
13. An increase in employment helps \_\_\_\_\_ economic growth.
- v.* to move, drive or push something forward or in a particular direction, often with a lot of force
14. In \_\_\_\_\_ private corporations provide healthcare services.
- n.* the act or process of adding something to something else; the process of adding numbers

ANSWERS: 8. Tendon, 9. session, 10. warm-up, 11. elastic, 12. typical, 13. propel, 14. addition,

15. The team \_\_\_\_\_ players from different countries.

*v.* to include or consist of something; the act of making up or forming something

16. His dream is to become an Olympic \_\_\_\_\_.

*n.* a person who competes in one or more sports that involve physical strength, speed, or endurance

17. She studies gardening on a \_\_\_\_\_ basis.

*n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

18. The \_\_\_\_\_ of the dancers on stage was graceful and elegant.

*n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

19. His heartaches are less \_\_\_\_\_ now.

*adj.* happening constantly

20. The bill to increase the consumption tax had passed despite much \_\_\_\_\_ from the public.

*n.* the act of defending oneself from an aggressor or refusing to accept something

21. The marathon runner covered a long \_\_\_\_\_ in a short amount of time.

*n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance

22. I have limited \_\_\_\_\_ in my arms.

*n.* the ability to move or be moved freely or easily from one place, job, or social class to another

ANSWERS: 15. comprises, 16. athlete, 17. routine, 18. movement, 19. frequent, 20. resistance, 21. distance, 22. mobility



23. He should \_\_\_\_\_ more with his colleagues.

*v.* to communicate or react with somebody

24. Certain medical conditions can cause \_\_\_\_\_ loss, weakening tissue and organ function.

*n.* a fibrous protein that is a major component of elastic connective tissue in the body, such as in the skin, lungs, and arteries

25. I chose to \_\_\_\_\_ cancer by trying every possible treatment.

*v.* to refuse to accept something and attempt to prevent it from happening

26. \_\_\_\_\_ properties allow the material to be molded and shaped without losing its original form.

*adj.* exhibiting properties of both viscosity (= resistance to flow) and elasticity (= ability to return to original shape after being stretched or compressed)

27. The project's \_\_\_\_\_ made it difficult for the team to complete it on time.

*n.* the state or quality of being complicated or intricate and difficult to understand

28. I need to \_\_\_\_\_ my statement because I realized it was incorrect.

*v.* to take back, withdraw, or revoke something that has been said or done; to disavow or repudiate a statement or assertion that one has previously made

29. The passage of the bill is \_\_\_\_\_.

*adj.* not probable or likely to happen

30. She is searching for a \_\_\_\_\_ residence.

*adj.* lasting for a long time without essential change

ANSWERS: 23. interact, 24. elastin, 25. resist, 26. Viscoelastic, 27. complexity, 28. retract, 29. unlikely, 30. permanent

31. The rules were \_\_\_\_\_ after the new executive arrived.

- v.* to become or cause someone to become less active or tense and calmer

32. The yoga instructor told us to \_\_\_\_\_ our spines during the practice.

- v.* to extend something in length; to lengthen, stretch out, or to make longer

33. She's on the \_\_\_\_\_ of adulthood.

- n.* the floor or ground that forms the bottom of a doorway and offers support when passing through a doorway; the smallest detectable sensation

34. Health and \_\_\_\_\_ are, above all, gold.

- n.* the quality or state of being physically, or sometimes mentally, strong

35. The company signed a \_\_\_\_\_ with the supplier for the delivery of goods.

- n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

36. We dealt with those problems with speed and \_\_\_\_\_.

- n.* the quality of changing or being changed easily according to new conditions or situations

37. After the summit meeting, the prime ministers issued a \_\_\_\_\_ statement.

- adj.* shared, held, or made between two or more people; (noun) the point of connection between two bones or elements of a skeleton

38. My accidental \_\_\_\_\_ got better right away.

- n.* harm done to a person's or an animal's body caused by an accident or an attack

ANSWERS: 31. relaxed, 32. elongate, 33. threshold, 34. strength, 35. contract, 36. flexibility, 37. joint, 38. injury

39. He managed to get \_\_\_\_\_ jobs during the recession.  
*adj.* not lasting or be used for a very long
40. The shortening of the \_\_\_\_\_ initiates the contraction of a muscle fiber.  
*n.* the basic unit of contraction in skeletal and cardiac muscle, consisting of overlapping thick and thin filaments arranged in repeating units along the length of the muscle fiber
41. Our natural \_\_\_\_\_ production decreases as we age, leading to wrinkles, sagging skin, and joint pain.  
*n.* a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues
42. The \_\_\_\_\_ mountains make the city difficult to be invaded.  
*adj.* that is near or around, or closely encircling something
43. Physical therapy can be useful in rehabilitating a \_\_\_\_\_ injury.  
*n.* a group of three muscles located on the back of the thigh that are responsible for flexing the knee joint and extending the hip joint; (verb) to impair or disable someone or something by damaging their effectiveness, strength, or power, particularly in a way that restricts movement or agility
44. The military incarcerated him for the \_\_\_\_\_ of the war.  
*n.* the length of time something lasts or continues
45. Computers help people \_\_\_\_\_ specific memories.  
*v.* to keep or continue to possess or maintain something
46. We have a \_\_\_\_\_ grasp of this topic.  
*adj.* complete and including all or everything necessary

ANSWERS: 39. temporary, 40. sarcomere, 41. collagen, 42. surrounding, 43. hamstring, 44. duration, 45. retain, 46. comprehensive

47. The \_\_\_\_\_ image on the screen took a lot of work to make out.  
*adj.* not moving or not capable of moving, not changing or not capable of changing
48. Cities around the world set records for highest \_\_\_\_\_ this summer.  
*n.* the degree of hotness or coldness of a thing or place
49. Many multinational companies are \_\_\_\_\_ in the reconstruction of that country.  
*v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
50. For the analysis \_\_\_\_\_ the system remains at a standstill state.  
*n.* a period between two events or times; a short break or pause
51. We \_\_\_\_\_ taking media training every six months.  
*v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
52. The sprinter has a \_\_\_\_\_ way of running.  
*adj.* having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)
53. You can be more \_\_\_\_\_ and creative in your approach.  
*adj.* able to change or be changed to suit new conditions or situations; able to bend easily
54. The researcher separated the nervous \_\_\_\_\_ for microscopic examinations.  
*n.* an ensemble of similar cells of the animal or plant that together carry out a specific function

ANSWERS: 47. static, 48. temperatures, 49. engaged, 50. interval, 51. recommend, 52. dynamic, 53. flexible, 54. tissue

55. I need to \_\_\_\_\_ the cost of my expenses from my income to see how much money I have left.

- v.* to take away or deduct a quantity or amount from a total; to remove or eliminate something from a larger whole

56. We must consume dietary \_\_\_\_\_ to maintain good health.

- n.* thread or filament used to make a vegetable tissue, mineral material, or textile

57. We want to \_\_\_\_\_ ties between our two countries.

- v.* to make or become better

58. X-rays revealed a small tumor in his \_\_\_\_\_.

- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

59. She \_\_\_\_\_ the sore spot on her leg to ease the pain.

- v.* to move one's hand or an object over the surface of something with pressure

60. Five miles is \_\_\_\_\_ similar to eight kilometers.

- adv.* approximately but not precisely; with a violent manner

61. She checked her \_\_\_\_\_ before embarking on the hike.

- n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose

62. Some herds have been observed to \_\_\_\_\_ hundreds of kilometers.

- v.* to make or be capable of making anything longer or broader without hurting or breaking

ANSWERS: 55. subtract, 56. fiber, 57. improve, 58. brain, 59. rubbed, 60. roughly, 61. gear, 62. stretch

63. Her tongue runs on \_\_\_\_\_.

*adv.* in a way that happens without interruption or repeatedly

64. The investigation \_\_\_\_\_ several government agencies and is expected to take several months.

*v.* to include or affect someone or something as a necessary part of something else

65. The older man was skinny and \_\_\_\_\_ and not in good health.

*adj.* of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated

66. I didn't mean to \_\_\_\_\_ such a large debt on my credit card.

*v.* to suffer from something, usually something negative, such as a loss, cost, or financial burden; to become subject to something as a result of one's actions or conduct

67. Eating food in a hurry \_\_\_\_\_ blood glucose levels.

*v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position

ANSWERS: 63. continually, 64. involves, 65. skeletal, 66. incur, 67. elevates