

# Englist.me



## Vocabulary Builder Reference from...

Conor Heffernan: The treadmill's dark and twisted past | TED Talk

[https://www.ted.com/talks/conor\\_heffernan\\_the\\_treadmill\\_s\\_dark\\_and\\_twisted\\_past](https://www.ted.com/talks/conor_heffernan_the_treadmill_s_dark_and_twisted_past)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### thud

*n.* a dull, heavy sound made when a heavy object falls or strikes a surface, often with a low frequency and resonance

*synonym*: bang, collision, crash

(1) **thud** of footsteps, (2) a distant **thud**

The loud **thud** of the door closing echoed through the empty hallway.

### constrain

*v.* to restrict or limit someone or something's freedom or ability to do something

*synonym*: restrict, limit, confine

(1) **constrain** his freedom, (2) **constrain** information flow

The political situation **constrained** the country's economic growth and foreign relations.

### monotony

*n.* a situation in which something unchanging and boring

*synonym*: boredom, tedium, sameness

(1) the **monotony** of the daily routine, (2) break the **monotony**

The **monotony** of the assembly line work made the days feel very long.

## treadmill

*n.* a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill

*synonym*: exercise machine, routine

(1) **treadmill** workout, (2) nonstop **treadmill**

I like to watch TV while running on the **treadmill** to pass the time.

## pun

*n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay

*synonym*: joke, quip, wordplay

(1) witty **pun**, (2) silly **pun**

The comedian's **pun** had the audience laughing out loud.

## abysmal

*adj.* extremely bad or unsuccessful, to the degree of being bottomless or unfathomable

*synonym*: dreadful, terrible, appalling

(1) **abysmal** performance, (2) **abysmal** living conditions

The company's **abysmal** sales performance led to layoffs and budget cuts.

## deport

*v.* to force someone to leave a country, typically on the grounds of illegal status or for having committed a crime

*synonym*: expel, banish, repatriate

(1) **deport** a refugee, (2) **deport** dissidents from the party

The government has decided to **deport** illegal immigrants back to their home countries.

## solitude

*n.* the state of being alone and isolated from others

*synonym*: isolation, seclusion, loneliness

(1) live in **solitude**, (2) enjoyment of **solitude**

He sought **solitude** in the wilderness to escape the distractions of modern life.

## filthy

*adj.* dirty or unclean, often to an extreme or offensive degree; morally offensive or obscene

*synonym* : dirty, grimy, soiled

(1) **filthy** streets, (2) **filthy** language

The hotel room was **filthy** with dirty sheets and stained carpets.

## philanthropy

*n.* the practice of voluntarily helping the poor, especially by giving money

*synonym* : altruism, benevolence, generosity

(1) **philanthropy** organization, (2) private **philanthropy**

Tech billionaires often spend the majority of their time on **philanthropy**.

## remodel

*v.* to change the structure or form of something

*synonym* : refurbish, remake, revamp

(1) **remodel** the car, (2) **remodel** portfolio

We are **remodeling** these rooms now.

## rehabilitate

*v.* to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment

*synonym* : reform, restore, renovate

(1) **rehabilitate** prisoners, (2) **rehabilitate** wildlife

The organization works to **rehabilitate** drug addicts and help them rebuild their lives.

## paddle

*n.* a flat, usually wooden implement with a handle used for stirring, mixing, or beating a liquid or substance

*synonym* : oar, oarlock, scull

(1) **paddle** strokes, (2) canoe **paddle**

The **paddle** boarders glided across the crystal-clear waters of the cove.

## decimate

*v.* to destroy a significant portion of something or reduce by ten percent; to cause extensive destruction or severe damage; to drastically reduce in size or number

*synonym* : devastate, destroy, annihilate

(1) **decimate** population, (2) **decimate** economy

The hurricane **decimated** the small town, leaving behind destruction and devastation.

## boast

v. to talk about someone's accomplishments, wealth, or abilities excessively with undue pride and self-satisfaction

*synonym* : show off, brag, bluster

(1) **boast** of his success, (2) **boast** a long history

This town **boasts** a national park.

## unsurprising

*adj.* not surprising, and what was expected; able to be predicted

*synonym* : predictable, expected, foreseeable

(1) **unsurprising** success, (2) **unsurprising** result

The **unsurprising** outcome of the election was a victory for the incumbent candidate.

## exertion

n. the act of using one's energy, effort, or strength to achieve something; a physical or mental effort that produces a result

*synonym* : exercise, effort, struggle

(1) physical **exertion**, (2) **exertion** of energy

The intense **exertion** required to climb the mountain left him feeling exhausted.

## creditor

n. a person, company, etc. to whom a debtor owes money

(1) the **creditor's** claims, (2) bankrupt **creditor**

I asked the lawyer to initiate **creditor** negotiations for voluntary liquidation.

## tame

v. to make wild animals domesticated or controlled, especially through specific training; (adjective) not dangerous or afraid of people, either naturally or because of specific training

*synonym* : domesticate, soften, (adjective) harmless

(1) **tame** a wild beast, (2) a **tame** animal

We have to **tame** substantial financial deficits at first.

## boisterous

*adj.* characterized by high energy, noise, or excitement; exuberant; rowdy

*synonym* : rowdy, loud, uproarious

(1) **boisterous** crowd, (2) **boisterous** children

The children's **boisterous** laughter could be heard from down the street.

## inmate

*n.* a person who is confined to an institution such as a prison, hospital, or mental health facility

*synonym* : prisoner, convict, detainee

(1) **inmate** population, (2) **inmate** rights

The prison implemented a new educational program for **inmates** to learn skills and prepare for life after release.

## monotonous

*adj.* lacking in variety, excitement, or interest; repetitive and tedious

*synonym* : tedious, dull, boring

(1) **monotonous** routine, (2) **monotonous** job

The **monotonous** task of data entry required intense concentration.

## vengeance

*n.* the act of punishing or harming someone in return for something harmful that they have done

*synonym* : retaliation, retribution, revenge

(1) **vengeance** justice, (2) wreak **vengeance**

He sought **vengeance** for the wrongs done to him.

## unsuspecting

*adj.* unaware of the presence of danger; not suspicious

*synonym* : unaware, unassuming, gullible

(1) **unsuspecting** boys and girls, (2) **unsuspecting** victim

The thief stole the wallet from the **unsuspecting** tourist.

## forerunner

*n.* a person or thing that comes before another and serves as a sign or indication of what is to come; a predecessor or early stage of something

*synonym* : predecessor, antecedent, precursor

(1) **forerunner** of technology, (2) **forerunner** in the field

The steam engine was a **forerunner** to modern locomotives.

## jog

*v.* to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose

*synonym* : run, sprint, trot

(1) **jog** in place, (2) **jog** my memory

She decided to **jog** around the park to clear her head.

## craze

*n.* an enthusiasm for a particular activity, object, or idea that appears suddenly and achieves widespread but short-lived popularity; a fad

*synonym* : mania, fad, agitation

(1) **craze** for speculation, (2) fitness **craze**

We experienced a **craze** for electric vehicles as interest in green tech grew.

## limelight

*n.* a bright light produced by heating a piece of lime in an oxygen-hydrogen flame; a metaphorical expression meaning to be the center of attention or in the public eye

*synonym* : spotlight, public attention, center stage

(1) **limelight** actor, (2) step into the **limelight**

The actor was in the **limelight** for his outstanding performance in the play.

## aerobic

*adj.* relating to or requiring oxygen; (noun) an exercise or form of physical activity that enhances cardiovascular fitness and endurance, such as running or cycling

*synonym* : cardiovascular, aerophilous, heart-healthy

(1) **aerobic** bacteria, (2) **aerobic** respiration

**Aerobic** exercise is important for maintaining a healthy heart and lungs.

## Session 2: Spelling

1. cr\_\_e for speculation *n.* an enthusiasm for a particular activity, object, or idea that appears suddenly and achieves widespread but short-lived popularity; a fad
2. in\_\_\_e rights *n.* a person who is confined to an institution such as a prison, hospital, or mental health facility
3. for\_\_\_\_\_er of technology *n.* a person or thing that comes before another and serves as a sign or indication of what is to come; a predecessor or early stage of something
4. in\_\_\_e population *n.* a person who is confined to an institution such as a prison, hospital, or mental health facility
5. phi\_\_\_\_\_opy organization *n.* the practice of voluntarily helping the poor, especially by giving money
6. de\_\_\_t dissidents from the party *v.* to force someone to leave a country, typically on the grounds of illegal status or for having committed a crime
7. wreak ve\_\_\_\_\_ce *n.* the act of punishing or harming someone in return for something harmful that they have done
8. pa\_\_\_e strokes *n.* a flat, usually wooden implement with a handle used for stirring, mixing, or beating a liquid or substance
9. fitness cr\_\_e *n.* an enthusiasm for a particular activity, object, or idea that appears suddenly and achieves widespread but short-lived popularity; a fad

ANSWERS: 1. craze, 2. inmate, 3. forerunner, 4. inmate, 5. philanthropy, 6. deport, 7. vengeance, 8. paddle, 9. craze

10. re\_\_\_\_\_l the car      *v.* to change the structure or form of something
11. j\_g my memory      *v.* to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose
12. uns\_\_\_\_\_ing result      *adj.* not surprising, and what was expected; able to be predicted
13. co\_\_\_\_\_in his freedom      *v.* to restrict or limit someone or something's freedom or ability to do something
14. de\_\_\_\_\_te population      *v.* to destroy a significant portion of something or reduce by ten percent; to cause extensive destruction or severe damage; to drastically reduce in size or number
15. break the mo\_\_\_\_\_ny      *n.* a situation in which something unchanging and boring
16. j\_g in place      *v.* to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose
17. private phi\_\_\_\_\_opy      *n.* the practice of voluntarily helping the poor, especially by giving money
18. co\_\_\_\_\_in information flow      *v.* to restrict or limit someone or something's freedom or ability to do something
19. the mo\_\_\_\_\_ny of the daily routine      *n.* a situation in which something unchanging and boring

ANSWERS: 10. remodel, 11. jog, 12. unsurprising, 13. constrain, 14. decimate, 15. monotony, 16. jog, 17. philanthropy, 18. constrain, 19. monotony



20. ae\_\_\_\_c bacteria *adj.* relating to or requiring oxygen; (noun) an exercise or form of physical activity that enhances cardiovascular fitness and endurance, such as running or cycling
21. de\_\_\_\_te economy *v.* to destroy a significant portion of something or reduce by ten percent; to cause extensive destruction or severe damage; to drastically reduce in size or number
22. li\_\_\_\_\_ht actor *n.* a bright light produced by heating a piece of lime in an oxygen-hydrogen flame; a metaphorical expression meaning to be the center of attention or in the public eye
23. uns\_\_\_\_\_ing victim *adj.* unaware of the presence of danger; not suspicious
24. silly p\_n *n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
25. the cr\_\_\_\_or's claims *n.* a person, company, etc. to whom a debtor owes money
26. t\_\_e a wild beast *v.* to make wild animals domesticated or controlled, especially through specific training; (adjective) not dangerous or afraid of people, either naturally or because of specific training
27. boi\_\_\_\_\_us crowd *adj.* characterized by high energy, noise, or excitement; exuberant; rowdy

ANSWERS: 20. aerobic, 21. decimate, 22. limelight, 23. unsuspecting, 24. pun, 25. creditor, 26. tame, 27. boisterous

28. bo\_\_t of his success      *v.* to talk about someone's accomplishments, wealth, or abilities excessively with undue pride and self-satisfaction
29. reh\_\_\_\_\_ate wildlife      *v.* to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment
30. mon\_\_\_\_\_us routine      *adj.* lacking in variety, excitement, or interest; repetitive and tedious
31. live in so\_\_\_\_\_de      *n.* the state of being alone and isolated from others
32. a distant t\_\_d      *n.* a dull, heavy sound made when a heavy object falls or strikes a surface, often with a low frequency and resonance
33. boi\_\_\_\_\_us children      *adj.* characterized by high energy, noise, or excitement; exuberant; rowdy
34. t\_\_d of footsteps      *n.* a dull, heavy sound made when a heavy object falls or strikes a surface, often with a low frequency and resonance
35. a t\_\_e animal      *v.* to make wild animals domesticated or controlled, especially through specific training; (adjective) not dangerous or afraid of people, either naturally or because of specific training
36. fi\_\_\_y language      *adj.* dirty or unclean, often to an extreme or offensive degree; morally offensive or obscene

ANSWERS: 28. boast, 29. rehabilitate, 30. monotonous, 31. solitude, 32. thud, 33. boisterous, 34. thud, 35. tame, 36. filthy

37. uns\_\_\_\_\_ing success *adj.* not surprising, and what was expected; able to be predicted
38. for\_\_\_\_\_er in the field *n.* a person or thing that comes before another and serves as a sign or indication of what is to come; a predecessor or early stage of something
39. ab\_\_\_\_\_l performance *adj.* extremely bad or unsuccessful, to the degree of being bottomless or unfathomable
40. bo\_\_t a long history *v.* to talk about someone's accomplishments, wealth, or abilities excessively with undue pride and self-satisfaction
41. uns\_\_\_\_\_ing boys and girls *adj.* unaware of the presence of danger; not suspicious
42. step into the li\_\_\_\_\_ht *n.* a bright light produced by heating a piece of lime in an oxygen-hydrogen flame; a metaphorical expression meaning to be the center of attention or in the public eye
43. physical ex\_\_\_\_\_on *n.* the act of using one's energy, effort, or strength to achieve something; a physical or mental effort that produces a result
44. re\_\_\_\_\_l portfolio *v.* to change the structure or form of something
45. ve\_\_\_\_\_ce justice *n.* the act of punishing or harming someone in return for something harmful that they have done

ANSWERS: 37. unsurprising, 38. forerunner, 39. abysmal, 40. boast, 41. unsuspecting, 42. limelight, 43. exertion, 44. remodel, 45. vengeance

46. nonstop tr\_\_\_\_\_ll *n.* a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill
47. ab\_\_\_\_\_l living conditions *adj.* extremely bad or unsuccessful, to the degree of being bottomless or unfathomable
48. mon\_\_\_\_\_us job *adj.* lacking in variety, excitement, or interest; repetitive and tedious
49. enjoyment of so\_\_\_\_\_de *n.* the state of being alone and isolated from others
50. bankrupt cr\_\_\_\_\_or *n.* a person, company, etc. to whom a debtor owes money
51. fi\_\_\_\_\_y streets *adj.* dirty or unclean, often to an extreme or offensive degree; morally offensive or obscene
52. canoe pa\_\_\_\_\_e *n.* a flat, usually wooden implement with a handle used for stirring, mixing, or beating a liquid or substance
53. witty p\_n *n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
54. tr\_\_\_\_\_ll workout *n.* a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill

ANSWERS: 46. treadmill, 47. abysmal, 48. monotonous, 49. solitude, 50. creditor, 51. filthy, 52. paddle, 53. pun, 54. treadmill

55. reh\_\_\_\_\_ate prisoners      *v.* to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment
56. de\_\_\_t a refugee      *v.* to force someone to leave a country, typically on the grounds of illegal status or for having committed a crime
57. ex\_\_\_\_\_on of energy      *n.* the act of using one's energy, effort, or strength to achieve something; a physical or mental effort that produces a result
58. ae\_\_\_\_\_c respiration      *adj.* relating to or requiring oxygen; (noun) an exercise or form of physical activity that enhances cardiovascular fitness and endurance, such as running or cycling

ANSWERS: 55. rehabilitate, 56. deport, 57. exertion, 58. aerobic

## Session 3: Fill in the Blanks

1. He sought \_\_\_\_\_ for the wrongs done to him.  
*n.* the act of punishing or harming someone in return for something harmful that they have done
  
2. The political situation \_\_\_\_\_ the country's economic growth and foreign relations.  
*v.* to restrict or limit someone or something's freedom or ability to do something
  
3. She decided to \_\_\_\_ around the park to clear her head.  
*v.* to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose
  
4. The company's \_\_\_\_\_ sales performance led to layoffs and budget cuts.  
*adj.* extremely bad or unsuccessful, to the degree of being bottomless or unfathomable
  
5. Tech billionaires often spend the majority of their time on \_\_\_\_\_.  
*n.* the practice of voluntarily helping the poor, especially by giving money
  
6. The \_\_\_\_\_ boarders glided across the crystal-clear waters of the cove.  
*n.* a flat, usually wooden implement with a handle used for stirring, mixing, or beating a liquid or substance
  
7. We are \_\_\_\_\_ these rooms now.  
*v.* to change the structure or form of something
  
8. The intense \_\_\_\_\_ required to climb the mountain left him feeling exhausted.  
*n.* the act of using one's energy, effort, or strength to achieve something; a physical or mental effort that produces a result

ANSWERS: 1. vengeance, 2. constrained, 3. jog, 4. abysmal, 5. philanthropy, 6. paddle, 7. remodeling, 8. exertion

9. This town \_\_\_\_\_ a national park.
- v.* to talk about someone's accomplishments, wealth, or abilities excessively with undue pride and self-satisfaction
10. The government has decided to \_\_\_\_\_ illegal immigrants back to their home countries.
- v.* to force someone to leave a country, typically on the grounds of illegal status or for having committed a crime
11. I like to watch TV while running on the \_\_\_\_\_ to pass the time.
- n.* a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill
12. The thief stole the wallet from the \_\_\_\_\_ tourist.
- adj.* unaware of the presence of danger; not suspicious
13. I asked the lawyer to initiate \_\_\_\_\_ negotiations for voluntary liquidation.
- n.* a person, company, etc. to whom a debtor owes money
14. The children's \_\_\_\_\_ laughter could be heard from down the street.
- adj.* characterized by high energy, noise, or excitement; exuberant; rowdy
15. The comedian's \_\_\_\_ had the audience laughing out loud.
- n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
16. The steam engine was a \_\_\_\_\_ to modern locomotives.
- n.* a person or thing that comes before another and serves as a sign or indication of what is to come; a predecessor or early stage of something

ANSWERS: 9. boasts, 10. deport, 11. treadmill, 12. unsuspecting, 13. creditor, 14. boisterous, 15. pun, 16. forerunner

17. The prison implemented a new educational program for \_\_\_\_\_ to learn skills and prepare for life after release.
- n.* a person who is confined to an institution such as a prison, hospital, or mental health facility
18. The \_\_\_\_\_ outcome of the election was a victory for the incumbent candidate.
- adj.* not surprising, and what was expected; able to be predicted
19. The loud \_\_\_\_\_ of the door closing echoed through the empty hallway.
- n.* a dull, heavy sound made when a heavy object falls or strikes a surface, often with a low frequency and resonance
20. The hurricane \_\_\_\_\_ the small town, leaving behind destruction and devastation.
- v.* to destroy a significant portion of something or reduce by ten percent; to cause extensive destruction or severe damage; to drastically reduce in size or number
21. The hotel room was \_\_\_\_\_ with dirty sheets and stained carpets.
- adj.* dirty or unclean, often to an extreme or offensive degree; morally offensive or obscene
22. The actor was in the \_\_\_\_\_ for his outstanding performance in the play.
- n.* a bright light produced by heating a piece of lime in an oxygen-hydrogen flame; a metaphorical expression meaning to be the center of attention or in the public eye
23. The \_\_\_\_\_ task of data entry required intense concentration.
- adj.* lacking in variety, excitement, or interest; repetitive and tedious

ANSWERS: 17. inmates, 18. unsurprising, 19. thud, 20. decimated, 21. filthy, 22. limelight, 23. monotonous



24. \_\_\_\_\_ exercise is important for maintaining a healthy heart and lungs.  
*adj.* relating to or requiring oxygen; (noun) an exercise or form of physical activity that enhances cardiovascular fitness and endurance, such as running or cycling
25. We have to \_\_\_\_ substantial financial deficits at first.  
*v.* to make wild animals domesticated or controlled, especially through specific training; (adjective) not dangerous or afraid of people, either naturally or because of specific training
26. The \_\_\_\_\_ of the assembly line work made the days feel very long.  
*n.* a situation in which something unchanging and boring
27. He sought \_\_\_\_\_ in the wilderness to escape the distractions of modern life.  
*n.* the state of being alone and isolated from others
28. We experienced a \_\_\_\_\_ for electric vehicles as interest in green tech grew.  
*n.* an enthusiasm for a particular activity, object, or idea that appears suddenly and achieves widespread but short-lived popularity; a fad
29. The organization works to \_\_\_\_\_ drug addicts and help them rebuild their lives.  
*v.* to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment

ANSWERS: 24. Aerobic, 25. tame, 26. monotony, 27. solitude, 28. craze, 29. rehabilitate