

Vocabulary, Collocation and Idioms

استاد مهرداد صابر

مدرس اسپیکینگ آیلتس



09141079875



www.mehrdadsabir.ir



Oteacher.org



Mehrdad_Sabir



Topic:

Music

Vocabulary

1. *Endurance* /ɪnˈdʒʊərəns/

- **Definition:** the ability to keep doing physical activity for a long time
- **Example:** *Long-distance running really improves your endurance.*
- **Meaning in Persian:** استقامت، توان ادامهدادن

2. *Agility* /əˈdʒɪləti/

- **Definition:** the ability to move quickly and easily
- **Example:** *Football players need incredible agility on the field.*
- **Meaning in Persian:** چابکی

3. *Stamina* /ˈstæmɪnə/

- **Definition:** physical or mental strength to keep going
- **Example:** *Swimming regularly boosts your stamina.*
- **Meaning in Persian:** بنیه، توان بدنی

4. *Flexibility* /ˌfleksəˈbɪləti/

- **Definition:** the ability of muscles and joints to move freely
- **Example:** *Yoga is perfect for increasing flexibility.*
- **Meaning in Persian:** انعطاف‌پذیری

5. *Discipline* /ˈdɪsəplɪn/

- **Definition:** the ability to control your behavior and stick to routines
- **Example:** *Staying fit requires a lot of discipline.*
- **Meaning in Persian:** انضباط

6. *Rehabilitation* /ˌriːəˈbɪlɪˈteɪʃən/

- **Definition:** the process of recovering after an injury
- **Example:** *He went through months of rehabilitation after the accident.*
- **Meaning in Persian:** توان‌بخشی

7. *Hydration* /haɪ'dreɪʃən/

- **Definition:** the process of keeping the body supplied with water
- **Example:** *Proper hydration is essential during intense workouts.*
- **Meaning in Persian:** آبرسانی به بدن

8. *Coordination* /kəʊˌɔːdɪˈneɪʃən/

- **Definition:** the ability to use different body parts smoothly together
- **Example:** *Tennis requires excellent hand-eye coordination.*
- **Meaning in Persian:** هماهنگی

9. *Strength* /streŋkθ/

- **Definition:** physical power
- **Example:** *Weightlifting helps you build strength.*
- **Meaning in Persian:** قدرت

10. *Motivation* /ˌməʊtɪˈveɪʃən/

- **Definition:** the desire to do something
- **Example:** *Good results give me motivation to keep training.*
- **Meaning in Persian:** انگیزه

11. *Competition* /ˌkɒmpəˈtɪʃən/

- **Definition:** an event where people try to win
- **Example:** *She entered a national swimming competition.*
- **Meaning in Persian:** رقابت

12. *Technique* /tekˈniːk/

- **Definition:** a specific way of performing a skill
- **Example:** *Improving your technique can prevent injuries.*
- **Meaning in Persian:** تکنیک، روش انجام کار

13. *Recovery* /rɪˈkʌvəri/

- **Definition:** the process of resting and healing after exercise
- **Example:** *Sleep plays a huge role in muscle recovery.*
- **Meaning in Persian:** ریکاوری، بهبود

14. *Performance* /pə'fɔ:məns/

- **Definition:** how well someone does in a sport or activity
- **Example:** *A balanced diet can enhance athletic performance.*
- **Meaning in Persian:** عملکرد

15. *Consistency* /kən'sɪstənsi/

- **Definition:** doing something regularly without stopping
- **Example:** *Consistency is the key to staying fit.*
- **Meaning in Persian:** استمرار، پیوستگی

Collocations

1. *Build muscle*

- **Definition:** to increase muscle size through exercise
- **Example:** *I go to the gym three times a week to build muscle.*
- **Meaning in Persian:** عضله ساختن

2. *Stay in shape*

- **Definition:** to keep your body fit and healthy
- **Example:** *I try to stay in shape by jogging every morning.*
- **Meaning in Persian:** در فرم ماندن، سالم و متناسب ماندن

3. *Break a sweat*

- **Definition:** to start sweating from physical effort
- **Example:** *Even a short workout can make you break a sweat.*
- **Meaning in Persian:** عرق کردن

4. *Boost stamina*

- **Definition:** to increase physical endurance
- **Example:** *Cycling regularly really helps boost your stamina.*
- **Meaning in Persian:** افزایش بنیه

5. *Prevent injuries*

- **Definition:** to avoid getting hurt during exercise
- **Example:** *Warming up properly can prevent injuries.*
- **Meaning in Persian:** جلوگیری از آسیب دیدگی

6. *Follow a routine*

- **Definition:** to stick to a regular schedule of exercise
- **Example:** *It's easier to stay fit when you follow a routine.*
- **Meaning in Persian:** پیروی از یک برنامه منظم

7. *Maintain a balanced diet*

- **Definition:** to eat healthy and varied food
- **Example:** *Athletes need to maintain a balanced diet to perform well.*
- **Meaning in Persian:** حفظ رژیم غذایی متعادل

8. *Set goals*

- **Definition:** to decide what you want to achieve
- **Example:** *Setting goals keeps me motivated in my fitness journey.*
- **Meaning in Persian:** هدف‌گذاری کردن

9. *Push your limits*

- **Definition:** to challenge yourself beyond your comfort zone
- **Example:** *Sometimes you need to push your limits to improve.*
- **Meaning in Persian:** فراتر رفتن از حد توان

10. *Take up a sport*

- **Definition:** to start doing a sport
- **Example:** *I recently took up swimming to stay active.*
- **Meaning in Persian:** شروع کردن یک ورزش

11. *Work out regularly*

- **Definition:** to exercise frequently
- **Example:** *I try to work out regularly despite my busy schedule.*
- **Meaning in Persian:** منظم ورزش کردن

12. *Improve performance*

- **Definition:** to get better at a sport or activity
- **Example:** *Coaching sessions helped me improve my performance.*
- **Meaning in Persian:** بهبود عملکرد

13. *Burn calories*

- **Definition:** to use energy through physical activity
- **Example:** *Running is a great way to burn calories.*
- **Meaning in Persian:** کالری سوزاندن
-

14. *Join a gym*

- **Definition:** to become a member of a fitness club
- **Example:** *I joined a gym last year to get more serious about fitness.*
- **Meaning in Persian:** عضو باشگاه شدن

15. *Build confidence*

- **Definition:** to increase self-belief through physical activity
- **Example:** *Playing sports has really helped me build confidence.*
- **Meaning in Persian:** افزایش اعتماد به نفس

Idioms

1. *Get the ball rolling*

- **Definition:** to start something, especially an activity or process
- **Example:** *Let's get the ball rolling and begin our workout.*
- **Meaning in Persian:** شروع کردن کار

2. *Go the extra mile*

- **Definition:** to make more effort than expected
- **Example:** *If you want real results, you need to go the extra mile at the gym.*
- **Meaning in Persian:** تلاش بیشتر از حد معمول

3. *On the ball*

- **Definition:** alert, quick to understand or react
- **Example:** *You need to be on the ball to play competitive sports.*
- **Meaning in Persian:** هوشیار و آماده

4. *Jump the gun*

- **Definition:** to do something too soon or prematurely
- **Example:** *I think I jumped the gun by lifting heavy weights too early.*
- **Meaning in Persian:** عجله کردن، زودتر از موعد کاری را انجام دادن

5. *Hit your stride*

- **Definition:** to reach your best performance
- **Example:** *After a few weeks of training, I finally hit my stride.*
- **Meaning in Persian:** به اوج عملکرد رسیدن

6. *Throw in the towel*

- **Definition:** to give up
- **Example:** *The workout was tough, but I refused to throw in the towel.*
- **Meaning in Persian:** تسلیم شدن

7. *Back on track*

- **Definition:** returning to the right path after a setback
- **Example:** *After a short break, I'm finally back on track with my fitness routine.*
- **Meaning in Persian:** برگشتن به مسیر درست

8. *A level playing field*

- **Definition:** a fair situation where everyone has equal chances
- **Example:** *Good coaches create a level playing field for all players.*
- **Meaning in Persian:** شرایط برابر و عادلانه

9. *Keep your head in the game*

- **Definition:** stay focused and mentally present
- **Example:** *During competitions, it's crucial to keep your head in the game.*
- **Meaning in Persian:** تمرکز داشتن

10. *No pain, no gain*

- **Definition:** you must work hard to achieve results
- **Example:** *I remind myself 'no pain, no gain' whenever the workout gets tough.*
- **Meaning in Persian:** بدون سختی، موفقیتی نیست