



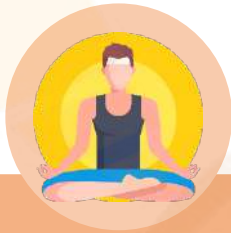
dance	[dæns]	跳舞
tiptoe	[dæns]	踮著腳尖
rotation	[rəʊ'teɪ.ʃən]	旋轉
ballet	[bæl'eɪ]	芭蕾舞
ballet shoe(s)	[bæl'eɪ ,ʃu:]	芭蕾舞鞋

do dance 跳舞



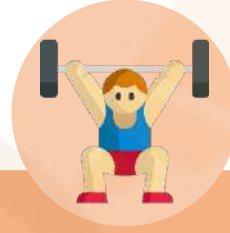
gymnastics	[dʒɪm'næs.tɪks]	體操
practice	['præk.tɪs]	練習
soft	[sɔ:ft]	柔軟的
stretch	[stretʃ]	伸展(四肢)

do gymnastics 做體操



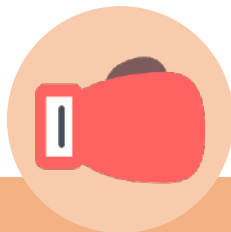
yoga	['jəʊ.gə]	瑜珈
breath	[breθ]	呼吸
inhale	[ɪn'heɪl]	吸氣
exhale	[eks'heɪl]	吐氣

do yoga 做瑜珈



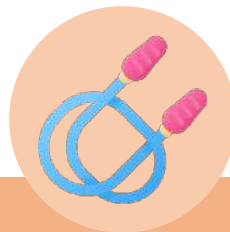
workout	['wɜ:k.aʊt]	健身(名詞)
weightlifting	['weɪt,lɪf.tɪŋ]	舉重
dumbbell	['dʌm.bel]	啞鈴
muscle	['mʌs.əl]	肌肉

work out 健身(動詞)



boxing	['bɔ:k.sɪŋ]	拳擊
boxer	['bɔ:k.sə]	拳擊手
boxing ring	['bɔ:k.sɪŋ ,rɪŋ]	拳擊台
punching bag	['pʌn.tʃɪŋ ,bæg]	沙袋

do boxing 打拳擊



skipping rope	['skɪp.ɪŋ ,roʊp]	跳繩
jump rope	['dʒʌmp ,roʊp]	跳繩
skip rope	[skɪp ,roʊ]	跳繩
leap	[li:p]	大跳躍
hop	[hɔ:p]	單腳跳
skip	[skɪp]	輕輕跳

do skipping rope 跳跳繩