

**exercise****1. ['eksəsaɪz] n**

1. 1) упражнение, тренировка

2) **обыкн. pl** упражнения; комплекс упражнений

five-finger exercises - фортепьянные упражнения, экзерсисы

map exercises - учебные занятия по карте

compulsory exercises - **спорт.** обязательные упражненияvoluntary /optional/ exercises - **спорт.** произвольные упражненияconditioning exercises - **спорт.** подготовительные упражненияfloor /free/ exercises - **спорт.** вольные упражненияpre-water exercises - упражнения на суше (*плавание*)balancing exercise - **спорт.** упражнение в равновесииhanging [skipping-rope] exercises - **спорт.** упражнения в висах [со скакалкой]3) упражнение (*грамматическое и т. п.*); задача; пример (*арифметический и т. п.*)

an exercise in geometry - задача по геометрии

to do an exercise in English - выполнять упражнение по английскому языку

2. физическая зарядка, моцион, прогулки, плавание *и т. п.*

to take exercise - делать моцион, гулять; делать гимнастику

you do not take enough exercise - вы мало двигаетесь

to walk for exercise - ходить пешком для моциона

3. осуществление, применение; проявление

the exercise of hospitality [of caution, of care, of willpower] - проявление гостеприимства [осторожности, внимания, силы воли]

exercise of rights - осуществление /использование/ прав

exercise of parental authority - применение родительской власти

exercise of functions - отправление обязанностей

exercise of judgment - самостоятельная оценка (*события и т. п.*)

an exercise in compromise - принятие компромиссного решения

in the exercise - при осуществлении

in the exercise of its advisory functions - при осуществлении своих консультативных функций

4. **pl амер.** церемония, торжества, празднестваcommencement exercises - выпускной акт (*в колледжах*); торжественное собрание, посвященное выпуску (*окончивших колледж*)5. **pl** обряды, ритуал

religious exercises - религиозные обряды; церковная служба

free exercise of religion - свобода отправления религиозных культов

6. научный диспут

7. **воен.** учение, занятие; боевая подготовка

military exercises - военные учения

exercise cruise - **мор.** учебное плавание, тренировочный поход

exercise ground - учебное поле, учебный плац

exercise mine - **мор.** учебная минаexercise casualty - условно выведенный из строя (*на тактических учениях*)**2. ['eksəsaɪz] v**

1. 1) упражнять, развивать, тренировать

to exercise the body with some labour - укреплять тело физическим трудом

to exercise smb. in swimming - тренировать кого-л. в плавании

to be exercised - подвергаться тренировке

the will can be exercised - волю можно развить

2) упражняться, тренироваться (*мж. refl*)

we exercise every day - мы тренируемся каждый день

to exercise oneself in fencing - упражняться в фехтовании

to exercise oneself in reading music - упражняться в игре по нотам

3) (*преим. в повел. форме*) выполнять (*упражнения*)exercise! - а) **спорт.** делай! (*команда при выполнении упражнений*); б) **мор.** начать занятия /работы! /2. делать моцион *или* физическую зарядку, двигаться

you do not exercise enough - вы мало двигаетесь

3. осуществлять, применять, использовать; пользоваться; проявлять

to exercise administration - осуществлять управление

to exercise control - а) контролировать осуществлять контроль; б) управлять, осуществлять управление

to exercise dominion over - иметь власть над (*чем-л., кем-л.*)

to exercise functions - выполнять функции, исполнять обязанности

to exercise a right - использовать /осуществить/ право

to exercise patience - проявлять терпение

to exercise smb.'s patience - испытывать чье-л. терпение

to exercise a salutary influence over ... - оказывать благотворное влияние на ...

4. **преим. pass** волновать, тревожить, беспокоить

to be exercised about /over/ smth. - быть взволнованным чем-л.

the problem that is exercising our minds - проблема, волнующая умы /нас/

5. **воен.** проводить учения

**exercise****ex·er·cise** [exercise exercises exercised exercising] noun, verb BrE ['eksəsaɪz]

" NAmE ['eksəsaɪz]"

noun

**ACTIVITY/MOVEMENTS****1. uncountable** physical or mental activity that you do to stay healthy or become stronger

- Swimming is good exercise.
- I don't **get much exercise** sitting in the office all day.
- The mind needs exercise as well as the body.
- **vigorous/gentle exercise**
- (BrE) to take exercise

**2. countable** a set of movements or activities that you do to stay healthy or develop a skill

- **breathing/relaxation /stretching exercises**
- exercises for the piano
- Repeat the exercise ten times on each leg.

**QUESTIONS****3. countable** a set of questions in a book that tests your knowledge or practises a skill

- grammar exercises
- Do exercise one for homework.

**USE OF POWER/RIGHT/QUALITY****4. uncountable ~ of sth** the use of power, a skill, a quality or a right to make sth happen

- the exercise of power by the government
- the exercise of discretion

**FOR PARTICULAR RESULT****5. countable** an activity that is designed to achieve a particular result

- a communications exercise
- In the end it proved a pointless exercise.
- **~ in sth** an exercise in public relations
- Staying calm was an exercise in self-control.

**FOR SOLDIERS****6. countable, usually plural** a set of activities for training soldiers

- military exercises

**CEREMONIES****7. exercises plural (NAmE)** ceremonies

- college graduation exercises

Word Origin:

Middle English (in the sense 'application of a right'): via Old French from Latin **exercitium**, from **exercere** 'keep busy, practise', from **ex-** 'thoroughly' + **arcere** 'keep in or away'.

Culture:**sport and fitness**

The British are very fond of sport, but many people prefer to watch rather than take part. Many go to watch **↑football**, **↑cricket**, etc. at the ground, but many more sit at home and watch sport on television.

Most people today take relatively little general **exercise**. Over the last 30 or 40 years **lifestyles** have changed considerably and many people now travel even the shortest distances by car or bus. Lack of exercise combined with eating too many **fatty** and sugary foods has meant that many people are becoming too fat. Experts are particularly concerned that children spend a lot of their free time watching television or playing computer games instead of being physically active. In recent years, however, there has been a growing interest in **fitness** among young adults and many belong to a **sports club** or **gym**.

In Britain most towns have an amateur football and cricket team, and people also have opportunities to play sports such as tennis and **↑golf**. Older people may play **↑bowls**. Some people go regularly to a **sports centre** or **leisure centre** where there are **facilities** for playing **badminton** and **squash**, and also a swimming pool. Some sports centres arrange classes in **aerobics**, **step** and **keep-fit**. Some people **work out** (= train hard) regularly at a local gym and do **weight training** and **circuit training**. A few people do judo or other **martial arts**. Others **go running** or **jogging** in their local area. For enthusiastic runners there are opportunities to take part in long-distance runs, such as the **↑London marathon**. Other people keep themselves fit by walking or

**cycling**. Many people go abroad on a **skiing** holiday each year and there are several dry slopes and snowdomes in Britain where they can practise.

Membership of a sports club or gym can be expensive and not everyone can afford the **subscription**. Local sports centres are generally cheaper. **Evening classes** are also cheap and offer a wide variety of fitness activities ranging from yoga to jazz dancing. Some companies now provide sports **facilities** for their employees or contribute to the cost of joining a gym.

Sports play an important part in American life. Professional **baseball** and football games attract large crowds, and many people watch games on television. Although many parents complain about their children being **couch potatoes** (= people who spend a lot of time watching television), there are sports sessions at school for all ages. College students are usually also required to take physical education classes to complete their studies.

Many popular keep-fit activities began in the US. Charles **Atlas**, Arnold Schwarzenegger and others inspired people to take up **bodybuilding** (= strengthening and shaping the muscles). Many women joined the 'fitness craze' as a result of **video workouts** produced by stars such as Jane Fonda and Cindy Crawford which they could watch and take part in at home. New **fitness** books are continually being published and these create fashions for new types of exercise, such as **wave aerobics**, which is done in a swimming pool, and **cardio kick-boxing**, a form of **aerobics** which involves **punching** and kicking a **punchbag**. Many richer people employ their own **personal trainer**, either at home or at a **fitness centre**, to direct their exercise programme. Local **YMCA**s offer programmes which include aerobics, gym, running, weights, **treadmills** and rowing machines, as well as steam rooms and swimming. But many people just walk or jog in the local park or play informal games of baseball or football.

### Thesaurus:

**exercise** noun

1. U, C

• Swimming is good exercise.

**training** • • **workout** • • **aerobics** • |BrE **sport** • • **PE** • |AmE **sports** • • **P.E.** •

**do** exercises/training/a workout/ aerobics/sport/PE

2. C

• Do one exercise for homework.

**assignment** • • **task** • • **homework** •

a/an **easy/difficult** exercise/assignment/task

**do** an exercise/a task/your homework

**give/set (sb)** some exercises/an assignment/a task/their homework

### Collocations:

#### Diet and exercise

##### Weight

**put on/gain/lose** weight/a few kilos/a few pounds

**watch/control/struggle with** your weight

**be/become** seriously overweight/underweight

**be/become** clinically/morbidly obese

**achieve /facilitate /promote /stimulate** weight loss

**slim down to** 70 kilos/(BrE) 11 stone/(especially NAmE) 160 pounds

**combat/prevent/tackle/treat** obesity

**develop /have /suffer from/struggle with/recover from** anorexia/bulimia/an eating disorder

**be on/go on/follow** a crash/strict diet

**have /suffer from** a negative/poor body image

**have /develop** a positive/healthy body image

##### Healthy eating

**eat** a balanced diet/healthily/sensibly

**get/provide/receive** adequate/proper nutrition

**contain/get/provide** essential nutrients/vitamins/minerals

**be high/low in** calories/fat/fibre/(especially US) fiber/protein/vitamin D/Omega-3 fatty acids

**contain (no)/use/be full of/be free from** additives/chemical preservatives/artificial sweeteners

**avoid/cut down on/cut out** alcohol/caffeine/fatty foods

**stop/give up/ (especially NAmE) quit** smoking

##### Exercise

(BrE) **take** regular exercise

**do** moderate/strenuous/vigorous exercise

**play** football/hockey/tennis

**go** cycling/jogging/running

**go to/visit/ (especially NAmE) hit/work out at** the gym

**strengthen/tone/train** your stomach muscles

**contract/relax /stretch/use/work** your lower-body muscles

**build (up)/gain** muscle

**improve /increase** your stamina/energy levels/physical fitness

**burn/consume/ expend** calories

##### Staying healthy

**be/get/keep/stay** healthy/in shape/(especially BrE) fit

**lower** your cholesterol/blood pressure

**boost/stimulate/strengthen** your immune system

**prevent/reduce the risk of** heart disease/high blood pressure/diabetes/osteoporosis

reduce/relieve/manage/combat stress  
enhance/promote relaxation/physical and mental well-being

### Example Bank:

- Ask your students to try this exercise before the next class.
- Before embarking on any exercise, you should conduct a cost-benefit analysis.
- Combine yoga with stretching and floor exercises.
- Do you take enough exercise?
- Half the regiment was away on exercise.
- He began his daily exercises.
- I did try some basic relaxation exercises.
- John never does any exercise.
- Lack of exercise is a risk factor in heart disease.
- Mental exercises can help older people to sustain their mental abilities.
- Practise/Practice the following exercise at least twice a day.
- Remember to do your breathing exercises every day.
- Role-playing situations allows a finer assessment to be made than in pen and paper exercises.
- She recommends the following exercises to increase circulation.
- Stop frequently to rest during exercise until you are fitter.
- The Government instituted a massive exercise in social control.
- The company has just carried out a major cost-cutting exercise.
- The doctor recommended regular exercise.
- The object of the exercise is to increase public awareness of environmental issues.
- The seminar was a valuable exercise in information exchange.
- The troops go on exercises twice a year.
- The whole consultation process was just a cynical political exercise.
- They recently completed a four-week exercise in Poland.
- This is a great exercise for the upper back.
- This is not a purely academic exercise: it should have a real impact on the way we work as a department.
- Try to do fifteen minutes of gentle exercise every day.
- US forces took part in joint exercises with the British Navy.
- We have conducted training exercises in seven separate states.
- We run team-building exercises with employees at each office.
- We were out on a field exercise.
- Weight-bearing exercise increases the health of bones.
- You can devise your own exercises to music.
- You may find it helpful to perform this exercise in front of the mirror.
- You will complete these exercises for homework.
- an exercise in translation
- an improper exercise of a discretionary power
- the effective exercise of power by the government
- the free exercise of informed choice
- to limit the exercise of political power
- As a public relations exercise the festival was clearly a success.
- Do one exercise for homework.
- I don't get much exercise sitting in the office all day.
- One of these powers is the exercise of discretion by police officers.
- Remember to take regular exercise.
- Sovereignty means more than just the exercise of power.
- breathing/relaxation/stretching exercises
- vigorous/gentle exercise

verb

### USE POWER/RIGHT/QUALITY

1. **transitive ~ sth (formal)** to use your power, rights or personal qualities in order to achieve sth

- When she appeared in court she exercised her right to remain silent.
- He was a man who exercised considerable influence over people.

### DO PHYSICAL ACTIVITY

2. **intransitive, transitive** to do sports or other physical activities in order to stay healthy or become stronger; to make an animal do this

- an hour's class of exercising to music
- How often do you exercise?
- ~ **sth** Horses need to be exercised regularly.

3. **transitive ~ sth** to give a part of the body the movement and activity it needs to keep strong and healthy

- These movements will exercise your arms and shoulders.

### BE ANXIOUS

4. **usually passive ~ sb/sth (about sth) (formal)** if sb is exercised about sth, they are very anxious about it

- The public are less exercised about this matter than the media.

- This very problem has exercised the minds of some of our most eminent scientists .

### Verb forms:

verb forms	
present simple	
I / you / we / they	exercise
	BrE / ˈeksəsaɪz/
	NAme / ˈeksəsaɪz/
he / she / it	exercises
	BrE / ˈeksəsaɪzɪz/
	NAme / ˈeksəsaɪzɪz/
past simple, past participle	exercised
	BrE / ˈeksəsaɪzd/
	NAme / ˈeksəsaɪzd/
-ing form	exercising
	BrE / ˈeksəsaɪzɪŋ/
	NAme / ˈeksəsaɪzɪŋ/

### Word Origin:

Middle English (in the sense 'application of a right'): via Old French from Latin *exercitium*, from *exercere* 'keep busy, practise', from *ex-* 'thoroughly' + *arcere* 'keep in or away'.

### Thesaurus:

**exercise** verb I, T

- How often do you exercise?

**work out** • • **train** • • **warm up** • |especially BrE **keep fit** •

exercise/train/warm up **properly**

exercise/train/work out **regularly**

exercise/train a **horse/dog**

**Exercise or work out?** **Exercise** can be any type of physical activity; **working out** usually involves using equipment in a gym.

### Example Bank:

- Each of us has a vote— if we choose to exercise it.
- It is necessary to exercise caution when making recommendations.
- Managers are free to exercise their discretion in these cases.
- The all-powerful steering committee continued to exercise control.
- The company's representative failed to exercise due care.
- They found themselves unable to exercise influence and maintain independence.
- They have the right to exercise self-determination.
- the conditions necessary to fully exercise these rights
- the purposes for which power can be rightfully exercised
- the right to freely exercise your religion
- Care must be exercised to ensure there is no cross-contamination between samples.
- I've just done an hour's class of exercising to music.

## exercise

Longman DOCE 5th Ed. (En-En)

I. **ex|er|cise**<sup>1</sup> **S2 W2** /ˈeksəsaɪz \$ -ər-/ BrE <sup>n</sup> AmE <sup>n</sup> *noun*

[Date: 1300-1400; Language: French; Origin: exercise, from Latin *exercitium*, from *exercere* 'to drive on, keep busy']

1. **FOR HEALTH** [uncountable] physical activities that you do in order to stay healthy and become stronger:

- Try to fit some regular exercise into your daily routine.
- Working in an office, I don't get much exercise.

**do/take exercise**

- Most people need to do more exercise.

**gentle/light exercise**

- Gentle exercise can be beneficial for older people.

**vigorous/strenuous exercise**

- After the operation, you should avoid strenuous exercise.

2. **MOVEMENT** [countable] a movement or set of movements that you do regularly to keep your body healthy:

- stretching exercises
- You can do exercises to strengthen your stomach muscles.

3. **FOR A SKILL** [countable usually plural] an activity or process that helps you practise a particular skill:

- relaxation exercises
- role-play exercises

4. **IN A BOOK** [countable] a set of questions in a book that test a student's knowledge or skill:

- Do Exercises 3 and 4 on page 51 for homework.

5. **FOR A PARTICULAR RESULT** [singular] an activity or situation that has a particular quality or result:

- closing libraries as part of a cost-cutting exercise
- It's a pointless exercise.

**exercise in**

- Buying a house can be an exercise in frustration.

6. **ARMY/NAVY ETC** [uncountable and countable] a set of activities for training soldiers etc:

- a military exercise

## on exercise

Half the unit was away on exercise.

### 7. the exercise of something *formal* the use of a power or right:

the exercise of political leadership

...

## COLLOCATIONS (for Meaning 1)

### ■ verbs

- **do some exercise** (also **take some exercise** *British English*) He ought to do more exercise. | He was advised by the doctor to take more exercise.
- **get some exercise** I don't get enough exercise.

### ■ adjectives

- **good exercise** Swimming is very good exercise for your muscles.
- **regular/daily exercise** Taking regular exercise is the best way to improve your overall health.
- **physical exercise** Physical exercise keeps you fit and helps to reduce stress.
- **hard/strenuous/vigorous exercise** (=involving a lot of physical effort) Pregnant women should avoid strenuous exercise.
- **gentle/light/moderate exercise** (=not involving too much physical effort) Try to do some gentle exercise as part of your daily routine.
- **aerobic exercise** (=in which you breathe deeply and your heart beats faster) Aerobic exercise, such as jogging or cycling, is a great way to burn off fat.

### ■ phrases

- **a type/form of exercise** This type of exercise is excellent for losing weight.
- **lack of exercise** Children are becoming overweight through lack of exercise.

### ■ exercise + NOUN

- **an exercise programme/routine/regime** *British English*, **an exercise program** *American English* (=a plan that includes different types of exercise) The athletes follow an intensive exercise programme. | I'm finding it quite hard to stick to my exercise routine.
- **an exercise class** I usually go to my exercise class on Wednesdays.

...

## COLLOCATIONS (for Meaning 2)

### ■ verbs

- **do an exercise** (also **perform an exercise** *formal*) Try to do these exercises at least three days a week.

### ■ ADJECTIVES/NOUN + exercise

- **a basic exercise** (=simple) He showed me some basic exercises for strengthening leg muscles.
- **keep-fit exercises** I couldn't get to the gym, so I did a few keep-fit exercises in my bedroom.
- **a warm-up exercise** Do some warm-up exercises before lifting heavy weights.
- **a yoga exercise** Yoga exercises keep you supple.
- **a breathing exercise** We do breathing exercises in my yoga class.

## II. exercise<sup>2</sup> *S3 W2 BrE* *AmE* verb

### 1. USE SOMETHING [transitive] *formal* to use a power, right, or quality that you have:

There are plans to encourage people to exercise their right to vote.

People who can exercise some control over their surroundings feel less anxious.

### 2. DO PHYSICAL ACTIVITY [intransitive] to do sports or physical activities in order to stay healthy and become stronger:

It's important to exercise regularly.

### 3. USE PART OF YOUR BODY [transitive] to make a particular part of your body move in order to make it stronger:

Swimming exercises all the major muscle groups.

### 4. ANIMAL [transitive] to make an animal walk or run in order to keep it healthy and strong:

people exercising their dogs in the park

### 5. MAKE SOMEBODY THINK [transitive] *formal*

#### a) to make someone think about a subject or problem and consider how to deal with it:

It's an issue that's exercised the minds of scientists for a long time.

#### b) *British English* if something exercises someone, they think about it all the time and are very anxious or worried – often used humorously:

It was clear that Flavia had been exercised by this thought.

...

## THESAURUS

- **exercise** to walk, do sports etc in order to stay healthy and become stronger: To lose weight, exercise regularly and eat less.
- **do some exercise/a lot of exercise etc** this phrase is much more common than the verb **exercise**, and means the same thing: Her doctor said that she needed to do more exercise. | My son does very little exercise – I don't know how he stays so slim. | Dogs need lots of exercise.
- **stay/keep/get in shape** to stay or to become physically healthy and strong – used especially when you consider exercise as a way to keep a nice-looking body: Try jogging with a friend who also wants to get in shape.
- **keep fit** *British English* to exercise regularly in order to stay healthy and strong: The class encourages older people to keep fit.
- **work out** to do exercise in order to be healthy and strong, especially to exercise regularly in a gym or exercise class: He works out three times a week.
- **tone up** (also **firm up**) to exercise in order to make your body or part of your body firmer: I need to tone up my stomach and legs.
- **warm up** to do gentle exercises to prepare your body for more active exercise: It's important to warm up before you begin to play.
- **stretch** to reach your arms, legs, or body out to full length, in order to make your muscles as long as possible, so that you do

not injure them when you exercise: Jog for five minutes, then stretch before starting on your run.

▪ **limber up** (also **loosen up**) to do gentle exercises so that your muscles are warm and not tight before you begin a more active exercise: The footballers were limbering up before a training session.

▪ **train especially British English** to prepare for a sporting event by exercising in a particular way: She's training to do the London Marathon.

▪ **practise British English, practice American English** to do a sports activity regularly, in order to get better and prepare for competition: The team practices on Wednesdays and Saturdays.

## exercise

Freakuency Pack

12500 **1243**<sup>MCW</sup>

15000 **1092**<sup>COCA</sup>

RANGE: **1k** EXERCISE <sup>42531</sup>

exercise <sup>30320</sup>

exercised <sup>2481</sup>

exercises <sup>6792</sup>

exercising <sup>2926</sup>

exercisable <sup>12</sup>

COCA 500k Unlemmatized

9575 **1974**<sup>21708</sup> **nn1**

3462 **7539**<sup>4574</sup> **vvi**

2688 **8271**<sup>4021</sup> **vv0**

17 **192612**<sup>17</sup> **nnu**