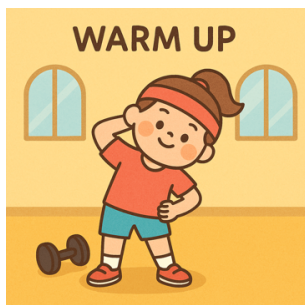


회화력이 급상승하는 구동사 8

건강 & 체력 (Health & Fitness)

1. warm up 준비 운동하다

to do light exercise to prepare your body before harder activity

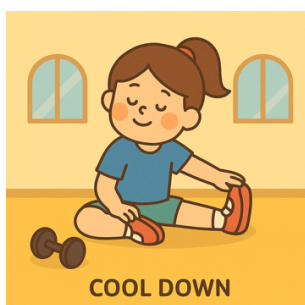


e.g. You told me to warm up before running.

(8/21) You told me to-V 네가 나한테 ~하라고 했잖아.

2. cool down (운동 후) 진정하다

to do easy movement or stretching after exercise to bring the body back to normal



e.g. It's better for you to cool down after lifting heavy weights.

(8/18) It's better for you to-V 넌 ~하는 게 좋아.

3. **pass out 기절하다** cf) pass away 죽다
to suddenly become unconscious for a short period of time



e.g. How could you **pass out** after just ten push-ups?

(8/5) How could you V? 너 어떻게 ~할 수가 있어?

4. **come down with (병)에 걸리다**
to suffer from a mild illness like a cold or flu



e.g. I can tell you're **coming down with** the flu.

(8/27) I can tell ~ 난 ~을 알 수 있어.

5. **tear down** (한계를) 허물다

to pull down or destroy a structure, or to remove limits and barriers



e.g. That's the way to **tear down** your limits.

(8/11) That's the way to-V 그게 바로 ~하는 방법이야.

6. **wear out** 지치다, 지치게 하다; 닳다

to make someone extremely tired, or to use something until it is damaged



e.g. What matters is not to **wear** yourself **out** too quickly.

(8/2) What matters is ~ 중요한 것은 ~이야.

7. throw up 토하다

to bring food or liquid from the stomach out through the mouth



e.g. Is that what made you throw up?

(8/12) Is that what ~? 그게 ~인 거야?

8. work out 운동하다

to do physical exercise to improve health and fitness



e.g. Don't try to work out when you're sick.

(8/13) Don't try to-V ~하려고 하지 마.

9. **go off** 전력을 다하다; 음식이 상하다

to use full energy, or for food to spoil



e.g. There's nothing like **going off** at the gym to release stress.

(8/15) There's nothing like ~ ~만 한 것은 없어.

10. **break out** (갑자기) 발생하다; 발진이 생기다

to begin suddenly (like war or fire), or for rashes to appear on the skin



e.g. I can't believe I **broke out** in a rash the night before the party.

(8/8) I can't believe (that) ~ ~이라는 것을 난 믿을 수 없어.

-----수고하셨습니다 -----

! 강의를 반복해서 듣고 여러 번 읽어서 이 구동사 예문 만큼은 안 보고도 말할 수 있을 정도로 암기해 보세요. 회화 연습하기 너무나 좋습니다.

! 이 자료는 블로그 등에 무단 배포하는 것을 금지하고 있습니다.