



Health & Fitness

German Vocab List

**Master a language
for free with Ablas**

- ✓ 1500+ words in 7 languages
- ✓ Level up with fun games
- ✓ Browse stories and conversations



☒ English	German
☐ aerobics	Aerobic (n)
☐ athlete	Athlet (m)
☐ bodybuilder	Bodybuilder (m)
☐ cardio	Cardio-Training (n)
☐ circuit training	Zirkeltraining (n)
☐ dumbbell	Hantel (f)
☐ exercise	Übung (f)
☐ exercise bike	Heimtrainer (m)
☐ fitness	Fitness (f)
☐ fitness tracker	Fitnessarmband (n)
☐ gym	Fitnessstudio (n)
☐ health	Verfassung (f)
☐ health club	Fitnessstudio (n)
☐ heartbeat	Herzschlag (m)
☐ jogging	Jogging (n)
☐ kettlebell	Kettlebell (n)
☐ personal trainer	Personal Trainer (m)
☐ punchbag	Sandsack (m)
☐ push-up	Liegestütz (m)
☐ stamina	Ausdauer (f)

☒	English	German
☐	strength	Muskelkraft (<i>f</i>)
☐	stretch	Dehnen (<i>n</i>)
☐	treadmill	Laufband (<i>n</i>)
☐	walking	Wandern (<i>n</i>)
☐	warm-up	Aufwärmübung (<i>f</i>)
☐	weight	Gewicht (<i>n</i>)
☐	workout	Trainieren (<i>n</i>)