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ADVANCED PHRASAL VERBS COURSE

Sentences for Anki | Lesson 17

FRONT

If you want to be fit, you have to work out on a regular basis.

BACK

Se você quiser ficar em forma, você tem que malhar/se exercitar diariamente.

work out = to engage in physical exercise

to be in in good physical condition you have to exercise consistently.

FRONT

I don't have a gym membership and I don't own any exercise equipment, so I work out every day by running and doing exercises at home.

BACK

Eu não sou membro de nenhuma academia e eu não tenho nenhum equipamento para exercício, então eu me exercito todo dia correndo e fazendo exercícios em casa.

work out = to engage in physical exercise

Some people can't afford to purchase access to a gym or to buy home exercise equipment, so they have to exercise by doing other physical activities.

FRONT

I will probably never have six pack abs because I don't have the dedication required, and I really hate working out.

BACK

Eu provavelmente nunca terei um abdômen definido porque eu não tenho a dedicação necessária, e eu realmente odeio me exercitar.

work out = to engage in physical exercise

Six pack abs are well-defined abdominal muscles, and I will probably never have those because I really hate physical exercise and I lack the motivation.

FRONT

If you have health problems, you should not work out without consulting your physician first.

BACK

Se você tem problemas de saúde, você não deve se exercitar sem consultar seu médico primeiro.

work out = to engage in physical exercise

It's always advisable to talk to your doctor before beginning any new exercise regimen, particularly if you already have some sort of problems with your health.

FRONT

Some older people with limited mobility work out by riding a stationary bike.

BACK

Algumas pessoas mais velhas com mobilidade limitada se exercitam andando em uma bicicleta estacionária.

work out = to engage in physical exercise

Some old people can't handle rigorous physical exercise, and instead get the exercise they need by riding a bike that does not move.

FRONT

Some people are convinced that working out is not as important as eating correctly when trying to reach a healthy weight.

BACK

Algumas pessoas estão convencidas que se exercitar não é tão importante quanto se alimentar corretamente quando se tenta alcançar um peso saudável.

work out = to engage in physical exercise

There are those that are convinced that what you eat is more important than the type of physical exercise, or the frequency of physical exercise, that you participate in.

FRONT

If you hate going to the gym, you can still work out by engaging in athletics or other activities that require you to move your body.

BACK

Se você odeia ir para a academia, você ainda pode se exercitar praticando atletismo ou outras atividades que exigem que você mexa seu corpo.

work out = to engage in physical exercise

Don't worry, if you hate going to the gym, you can still get the physical exercise you need by playing some sports or doing anything that requires you to physically exert yourself.

FRONT

I get a good workout every day carrying the mail.

BACK

Eu faço um bom exercício todo dia entregando cartas.

workout = The noun workout means a session in which one engages in physical exercise

A mailman gets a lot of good physical exercise simply by doing his job all day long, especially if he is delivering on foot.

FRONT

I don't have time for a long workout so I just do 30 minutes of cardio.

BACK

Eu não tenho tempo para um exercício demorado então eu faço somente 30 minutos de cárdio.

workout = The noun workout means a session in which one engages in physical exercise

My schedule does not permit me much time at the gym, so I spend what little time I have there doing cardiovascular exercises, which are exercises that elevate the heart rate.

FRONT

What kind of attitude do you have when things don't work out the way you had planned?

BACK

Que tipo de atitude você tem quando as coisas não funcionam do jeito que você tinha planejado?

work out = to come to a particular favorable conclusion or preferred set of circumstances

What is your disposition, what is your reaction when your plans don't come to fruition in the way that you had envisioned?

FRONT

All three of my children were strong-willed and gave me lots of challenges, but everything worked out because they're all adults now and successful at what they're doing.

BACK

Todos os meus três filhos eram teimosos e me deram muitos desafios, mas tudo funcionou /deu certo porque eles são todos adultos agora e bem-sucedidos no que eles estão fazendo.

work out = to come to a particular favorable conclusion or preferred set of circumstances

In spite of my three kids presenting me with some serious parenting problems and challenging my authority, the result is satisfactory because now as adults they are competent and good people.

FRONT

Our overland journey to the Atlantic coast was kind of hairy because I got a flat tire and we ran into a few thunderstorms, but we had a good time regardless, so it all worked out in the end.

BACK

Nossa jornada por terra para a costa do Atlântico foi meio complicada porque um pneu furou e nós nos deparamos com algumas tempestades, mas nós nos divertimos apesar disso, então tudo deu certo no final.

work out = to come to a particular favorable conclusion or preferred set of circumstances

To say that something is hairy is a slang for saying something was difficult or challenging. In spite of the mishaps on our trip to the Atlantic coast, it was still a good vacation because the result was a lot of great moments as a family and we enjoyed all the other aspects of the trip.

FRONT

How is the new assistant that you hired working out?

BACK

Como o novo assistente que você contratou está se saindo?

work out = to come to a particular favorable conclusion or preferred set of circumstances

How is the new assistant fitting in, or how is the assistant doing? Is he meeting your standards and doing a good job?

FRONT

My new diet plan is not working out very well, because I'm having a really hard time sticking to it.

BACK

Meu novo plano de dieta não está funcionando muito bem, porque eu estou tendo muita dificuldade em continuar com ele.

work out = to come to a particular favorable conclusion or preferred set of circumstances

I'm having a lack of success with my new diet plan, because I'm having a hard time being consistent with it, and eating only that which I'm supposed to eat.

FRONT

I am working really hard to win Felicia's heart, and if things work out the way I hope they will, she will be my wife.

BACK

Eu estou trabalhando duro para conquistar o coração de Felícia, e se as coisas funcionarem/acabarem do jeito que eu espero que elas vão, ela será minha esposa.

work out = to come to a particular favorable conclusion or preferred set of circumstances

I am doing everything I can to be romantic and to appeal to Felicia. I'm hoping she will react well to all of my efforts, and that she will respond in the way that I hope she will, so that I can achieve my dream of marrying her.

FRONT

If your career as a teacher doesn't work out, you could always try going into business for yourself.

BACK

Se sua carreira como professor não der certo, você poderia (sempre) tentar montar um negócio você mesmo.

work out = to come to a particular favorable conclusion or preferred set of circumstances

If you end up not being successful as a teacher, if you don't do well or if you don't like the job, you can try being an entrepreneur.

FRONT

I was able to work out a compromise with my wife about where we could go on vacation.

BACK

Eu consegui chegar a um acordo com a minha esposa sobre onde nós iríamos nas férias.

work out = to achieve by resolving difficulties

Through discussion and working together, I was able to reach a compromise with my wife about our vacation plans.

FRONT

When my kids come to me with a dispute, I try to get them to work it out between themselves.

BACK

Quando meus filhos vêm até mim com uma contenda, eu tento fazer eles resolverem isso entre eles mesmos.

work out = to achieve by resolving difficulties

When my kids asked for me to intervene in a disagreement, I don't quickly make a decision, I encouraged them to discuss between themselves what their differences were and to find a solution on their own.

FRONT

If the president and the Congress can't work out their differences, that piece of legislation will never become law.

BACK

Se o presidente e o congresso não conseguirem resolver suas diferenças, aquele projeto de lei nunca se tornará lei.

work out = to achieve by resolving difficulties

These politicians need to sit down and discuss their separate ideas about what they want and agree on a solution or plan that everybody can live with. If they cannot do this, this bill will not become a law.

FRONT

You need to learn how to work out your own problems and not ask for help so much if you ever hope to be independent.

BACK

Você precisa aprender como resolver seus próprios problemas e não pedir tanto por ajuda se você esperar ser independente algum dia.

work out = to achieve by resolving difficulties

My neighbor and I don't have the same idea. We need to cooperate to think of a solution that we can both be happy with about where to put a fence, or imagine some other idea.

FRONT

I couldn't work out all the answers to the crossword puzzle.

BACK

Eu não consegui responder/resolver todas as perguntas no caça palavras.

work out = to solve a problem through reasoning or calculation

I was not able to resolve this puzzle. I was not able to figure out or think of what all the answers could be.

FRONT

I hated algebra because I could never work out all the problems and find the value of X.

BACK

Eu odiava álgebra porque eu nunca consegui resolver todos os problemas e encontrar o valor de X.

work out = to solve a problem through reasoning or calculation

In algebra I was not able to find the correct answer to the problems. I was unable to think through each step and find the value of X.

FRONT

If Billy can't work out all of the problems during the allotted time in math class, his teacher will send him home with some extra homework.

BACK

Se Billy não conseguir resolver todos os problemas durante o tempo previsto na aula de matemática, seu professor irá enviá-lo para casa com dever de casa extra.

work out = to solve a problem through reasoning or calculation

If Billy can't find the correct answers to all of the problems that his teacher gave him in class, she is going to have to send him home with this work.

FRONT

Every time I try to work out this trigonometry problem I come up with a different answer.

BACK

Toda vez que eu tento resolver este problema de trigonometria eu apareço com uma resposta diferente.

work out = to solve a problem through reasoning or calculation

I have tried to find the correct answer to this trigonometry problem several times, and every time, the answer that I arrive at is different.

FRONT

The bill for your lunch comes to \$30.65, which works out to about \$10 per person.

BACK

A conta pelo seu almoço dá \$30, 65 o que soma cerca de \$10 por pessoa.

work out = to solve a problem through reasoning or calculation

When we divide this bill by three, the result is that each person will owe roughly \$10.

FRONT

I need to work out a plan to pay off my debt within the next five years.

BACK

Eu preciso arrumar um plano para pagar minha dívida dentro dos próximos cinco anos.

work out = to develop

I need to devise a plan. I need to create a strategy for eliminating this debt within the next five years.

FRONT

In order to get all of my kids where they need to go, I need to work out a schedule of all of their activities and events.

BACK

Para conseguir levar todos os meus filhos onde eles precisam ir, eu preciso arrumar um cronograma com todas as atividades e eventos deles.

work out = to develop

It's not easy to ensure that each child physically arrives at all the places where they need to be, so I need to devise or create a schedule so that I can stay on top of the situation and transport everybody to where they need to be.

FRONT

I need to work out a list of life goals, because without that, I probably won't accomplish anything.

BACK

Eu preciso desenvolver/arrumar uma lista de objetivos de vida, porque sem isso, eu provavelmente não alcançarei nada.

work out = to develop

I need to work out a list of life goals, because without that, I probably won't accomplish anything.

FRONT

The health department is trying to work out a strategy for stopping the spread of the zika virus.

BACK

O departamento de saúde está tentando desenvolver uma estratégia para parar a propagação do Zika vírus.

work out = to develop

The health department needs to develop a plan for stopping the transmission of this dangerous virus.

FRONT

My kids don't help me out much around the house, so I'm trying to work out an idea for splitting up the chores.

BACK

Meus filhos não me ajudam muito em casa, então eu estou tentando desenvolver uma ideia para dividir as tarefas.

work out = to develop

I'm tired of doing everything myself around here. I'm trying to develop or create a concept for dividing these household tasks between my children.

FRONT

Therefore my dear friends as you have always obeyed, not only in my presence but now much more in my absence, continue to work out your salvation with fear and trembling.

Philippians 2:12

BACK

Portanto, meus amados amigos, assim como sempre obedecestes, não só na minha presença, mas muito mais agora na minha ausência, continuem a exercitar/operar a vossa salvação com temor e tremor.

Filipenses 2:12

work out = to bring about by labor or exertion

The apostle Paul is complimenting the recipients of this letter for having followed his instructions even when he wasn't physically present, and he's asking them to continue to not to just believe the right things but to do the right things with seriousness a sobriety.