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1. There is no ... bread on ... table. Where is ... bread?
2. My ... cousin is upset. He's got ... sore throat.
3. This is ... cottage cheese. ... cottage cheese is fresh.
4. There is ... wonderful small computer in front of ... books there.
5. ... Moscow is situated on ... Moscow River. ... Moscow is ... river that moves very slowly. There is ... canal called ... Moscow-Volga Canal which joins ... Moscow to ... Volga. ... Volga runs into ... Caspian Sea.
6. ... Altai Mountains are higher than ... Urals.
7. I'm afraid there's ... juice in ... fridge. Would you like ... lemonade?
8. My friends from Chicago can't speak ... foreign languages.
9. What is ... name of ... street on which you live?
10. Oh, there are ... apples in ... fruit bowl: ... children have eaten all of them. Please put ... apples into ... fruit bowl.
11. Yesterday we had ... fish for dinner.
12. We didn't have ... problem in using this printer with ... computer.
13. Nowadays, watching ... television is ... complete waste of ... time.
14. What the weather (to be) like now? It (to snow)? - No, it
15. We (to go) out of town to ski on Sunday? - Yes, we ... if it (to snow) this week and if there (to be) a lot of snow everywhere.
16. What you (to do) tomorrow? - We (to go) out of town if the weather (not to change) for the worse. You (to core) with us?
- With pleasure, if only I (not to have) too much work to do at home.
17. If we (to have) televisions at our supermarket, they (to inform) customers about things in the store.
18. If we (to play) music, it (to produce) the right atmosphere.
19. At this time yesterday they (to sit) on the sofa and (to listen) to their grandmother who (to tell) them fairy tales.

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20. My friend just (to ring) me up from London.

21. I (to stand) at the tram stop when it (to begin) to rain.

22. We (not to skate) since last winter.

23. I (to promise) to be back by six o'clock.

24. Hardly he (to open) the suitcase, when he (to find) the tie which he (to think) he (to lose) long before.

25. Shut the door. The room (to be) full of smells which (to come) from the kitchen. Mother (not to like) kitchen smells in the room.

26. Last night he (to finish) the book which he (to begin) writing a year ago.

27. I (to be) afraid he (to lose) this match.

28. Who (to make) all that noise?

29. Sharks (to be) on earth more than 350 million years.

30. You can (to find) interesting information about the life in the USA in this book.

31. Budapest (to divide) by the Danube into two parts: Buda and Pest.

32. Yuri Dolgoruky (to found) Moscow in 1147.

33. Moscow University (to found) by Lomonosov.

34. You seem (to look) for trouble.

35. The enemy army was reported (to overthrow) the defence lines and (to advance) towards the suburbs of the city.

36. The woman pretended (to read) and (not to hear) the bell.

37. I hate (to bother) you, but the students are still waiting (to give) books for their work.

38. You ... read this text: it is easy enough.

39. She ... still live in Paris.

40. He is busy. He ... be writing a book about his travels.

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41. But he is happy. He ... enjoy life.

42. I'm asking for your

43. They will never forget the hospitality and of the villagers.

44. is more important than money.

45. Lying to your dad like that was really..... .

46. My brother is but that doesn't stop him from doing lots of sport.

47. My best friend gives me lots of help with my problems.

48. My with Chris lasted for over three years.

49. Lis has got a really lively

50. I really admire you for your

51. I have a lot of for Linda. She's achieved such a lot.

52. We've got tennis ... near our country house.

53. In tennis a(n) ... is an on-court official.

54. Hundreds of boxing fans crowded around the ... with cameras in hands.

55. A High Court ... found him innocent.

56. What is the standard size of a football ...?

57. This skating ... was build in 1948, making it the oldest one in the state.

58. A golf ... consists of a series of holes.

59. A football match is presided over by a(n) ..., who has authority to make decisions about play.

60. Paul works at a local gym two or three times a week.

61. His parents finely persuaded him to give ... boxing.

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62. We worked ... a real appetite climbing in the mountains.

63. They gave ... two goals in the first half.

64. She usually works ... her extra energy by going for a run.

65. Has she given you your tennis racket ... yet?

66. The champion refused to give ... and went on to win the set.

67. If she worked ... improving her game, she could be a champion.

68. Read the text and choose the correct answer

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As such, many involved in bodybuilding today look up to him and try to recreate the programs he used, hoping to sculpt a body you that resembles the one he built. In doing so, you'll fare better if can recreate the Arnold Schwarzenegger workout routine as outlined in his book " The New Encyclopedia of Modern Bodybuilding ". This program was utilized when he was initially working on developing a good foundation of mass, in his early 20s. At the end of this period, Schwarzenegger weighed in at a solid 240 pounds, due to the fact that he focused on building the greatest proportion of his strength early on with this program.

When it comes to his approach to training, Arnold Schwarzenegger has some key principles that he stresses must be present in any program regardless of who you are. First of all, Schwarzenegger notes that people do have individual needs and, therefore, you must listen to your body to some degree when deciding on the type of program you should utilize. Variations will depend on your body type; how fast or slow you're able to gain muscle (this is partially genetic); your own individual metabolic rate; what weak points you have in your body, and the level of recuperation you normally experience. In his early training days, Arnold Schwarzenegger spent a lot of time doing power - lifting movements, trying to gain as much strength and raw muscle mass as possible. As he progressed onward, he realized that, to stay on top of his game, he would need to focus on really working on that definition and separation. This was accomplished by performing a greater amount of high - rep isolation training.

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Often, Schwarzenegger feels that bodybuilders can get past a 'sticking' point by taking more rest rather than by working harder, as is commonly done. When you are lifting with such intensity, you are going to require more time to gain strength between sessions, so if the weights are not moving up, this could be a strong signal that you're not allowing for enough down time between sessions.

Finally, the last thing you must keep in mind is that if you are looking to make extraordinary gains the way Arnold did, you are going to have to make building muscle a priority in all aspects of your life this includes the way you think, the way you eat, the way you sleep, and the people you socialize with. What you do outside the gym is going to be just as important as what you are doing inside the gym.

Nutrition, in particular, is of great importance and is what Arnold believes is responsible for some of the big improvements we see in the bodybuilding world today. He recommends at least one gram of protein per pound of body weight and found himself eating a diet comprised of about 40 % protein, 40 % carbohydrates and 20 % fat. At 240 pounds and doing intense training, Arnold's total caloric requirements were phenomenally high, therefore at these values he was getting more than he needed to support basic nutritional requirements.

So, be sure you do not overlook this part of the equation. Even if you follow the Arnold Schwarzenegger workout principles, you still won't get optimal gains unless you take into account everything else you are doing that can impact your training progress. Arnold took his training very seriously he made it a way of life. So, if you want to get yourself even close to resembling him, you should aim to do the same.

(Adapted from ' Arnold Schwarzenegger Workout ' by Jeff Bayer)

People involved in bodybuilding

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During this time, though, Schwarzenegger didn't want to sacrifice the thickness, density or hardness he had created in his earlier days, so he would be sure to dedicate at least one day a week as a ' heavy day ', and on that day he would use maximum strength moves. This enabled him to get the best of both worlds.

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According to Schwarzenegger, the key principle of any program is

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In paragraph 3 ' recuperation ' means

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(Adapted from ' Arnold Schwarzenegger Workout ' by Jeff Bayer)

If the weights are not moving up, Schwarzenegger advises

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If you want to succeed in bodybuilding, you

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Choose the synonym to the given words and word combinations
schedule

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Choose the synonym to the given words and word combinations

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Choose the synonym to the given words and word combinations
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eat, the way you sleep, and the people you socialize with. What you do outside the gym is going to be just as important as what you are doing inside the gym.

Nutrition, in particular, is of great importance and is what Arnold believes is responsible for some of the big improvements we see in the bodybuilding world today. He recommends at least one gram of protein per pound of body weight and found himself eating a diet comprised of about 40 % protein, 40 % carbohydrates and 20 % fat. At 240 pounds and doing intense training, Arnold's total caloric requirements were phenomenally high, therefore at these values he was getting more than he needed to support basic nutritional requirements.

So, be sure you do not overlook this part of the equation. Even if you follow the Arnold Schwarzenegger workout principles, you still won't get optimal gains unless you take into account everything else you are doing that can impact your training progress. Arnold took his training very seriously he made it a way of life. So, if you want to get yourself even close to resembling him, you should aim to do the same.

(Adapted from ' Arnold Schwarzenegger Workout ' by Jeff Bayer)

Choose the synonym to the given words and word combinations
ignore

84. Read the text.

When you say the word ' bodybuilding ', the name that instantly comes to mind is Arnold Schwarzenegger. Arnold has been crowned the ' king ' by many in the bodybuilding field, as he really did take the sport to a whole new level.

As such, many involved in bodybuilding today look up to him and try to recreate the programs he used, hoping to sculpt a body you that resembles the one he built. In doing so, you'll fare better if can recreate the Arnold Schwarzenegger workout routine as outlined in his book " The New Encyclopedia of Modern Bodybuilding ". This program was utilized when he was initially working on developing a good foundation of mass, in his early 20s. At the end of this period, Schwarzenegger weighed in at a solid 240 pounds, due to the fact that he focused on building the greatest proportion of his strength early on with this program.

When it comes to his approach to training, Arnold Schwarzenegger has some key principles that he stresses must be present in any program regardless of who you are. First of all, Schwarzenegger notes that people do have individual needs and, therefore, you must listen to your body to some degree when deciding on the type of program you should utilize. Variations will depend on your body type; how fast or slow you're able to gain muscle (this is partially genetic); your own individual metabolic rate; what weak points you have in your body, and the level of recuperation you normally experience. In his early training days, Arnold Schwarzenegger spent a lot of time doing power - lifting movements, trying to gain as much strength and raw muscle mass as possible. As he progressed onward, he realized that, to stay on top of his game, he would need to focus on really working on that definition and separation. This was accomplished by performing a greater amount of high - rep isolation training.

During this time, though, Schwarzenegger didn't want to sacrifice the thickness, density or hardness he had created in his earlier days, so he would be sure to dedicate at least one day a week as a ' heavy day ', and on that day he would use

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maximum strength moves. This enabled him to get the best of both worlds.

Finally, the last principle that rounds out the basic program requirements of the Arnold Schwarzenegger workout is that there must be sufficient time for rest between lifting. Schwarzenegger notes that different muscle groups will take longer to recover than others, with the biceps being the fastest and the lower back taking the longest. However, a 48 - hour window between sessions should work well as guideline.

Often, Schwarzenegger feels that bodybuilders can get past a 'sticking' point by taking more rest rather than by working harder, as is commonly done. When you are lifting with such intensity, you are going to require more time to gain strength between sessions, so if the weights are not moving up, this could be a strong signal that you're not allowing for enough down time between sessions.

Finally, the last thing you must keep in mind is that if you are looking to make extraordinary gains the way Arnold did, you are going to have to make building muscle a priority in all aspects of your life this includes the way you think, the way you eat, the way you sleep, and the people you socialize with. What you do outside the gym is going to be just as important as what you are doing inside the gym.

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(Adapted from ' Arnold Schwarzenegger Workout ' by Jeff Bayer)

Choose the synonym to the given words and word combinations
consider

85. Read the text and choose the correct option

Vida loved to keep fit. Whenever she could, she went to the gym after work. But one evening, Vida got home late. 'It's too late to go to the gym now,' she said to herself. 'I'll just watch TV instead.'

She made herself a nice, fresh, healthy salad and sat down in front of the TV. Suddenly, she saw something on TV that caught her attention. It was an advert for an exercise bike called the Fitmaster 5000.

'That looks fantastic!' thought Vida. 'I think I'll buy that!'

She phoned the number and ordered the machine. It came the next day.

It was much bigger than it looked on TV, and the only place Vida could put it was at the top of the stairs.

She loved the Fitmaster 5000 so much, though, that from that day on, she only exercised at home. She didn't go to the gym

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any more. She spent hours every evening on her exercise bike, and every evening she went faster and faster. One evening, she was going so fast that the exercise bike began to move forwards. Before she knew what had happened, she – and the bike – fell down the stairs. All sixteen of them. Right to the bottom. Ouch!

The Fitmaster 5000 was broken, and so was Vida's leg.

'I think that's enough exercise for a while,' thought Vida, as she lay in her hospital bed. 'And that's enough watching adverts on TV too.'

If Vida had got home earlier,

86. Read the text and choose the correct option

Vida loved to keep fit. Whenever she could, she went to the gym after work. But one evening, Vida got home late. 'It's too late to go to the gym now,' she said to herself. 'I'll just watch TV instead.'

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If she'd gone to the gym that evening,

87. Read the text and choose the correct option

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If she hadn't watched TV,

88. Read the text and choose the correct option

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'I think that's enough exercise for a while,' thought Vida, as she lay in her hospital bed. 'And that's enough watching adverts on TV too.'

She wouldn't have bought the Fitmaster 5000

89. Read the text and choose the correct option

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She wouldn't have put it at the top of the stairs

90. Read the text and choose the correct option

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She'd have continued going to the gym

91. Read the text and choose the correct option

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If she hadn't gone so fast,

92. Read the text and choose the correct option

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If she hadn't fallen down the stairs,

93. Choose the correct translation

get in shape

94. work out

95. bulk up

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96. slim down

97. lift weights

98. do cardio

99. robust

100. frail

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