



TRAIN / PRACTICE / EXERCISE / WORK OUT

SIMILARITIES AND DIFFERENCES (SLIČNOSTI I RAZLIKE)

Although the verbs "exercise," "train," "practice," and "work out" are related to physical activity, they have specific contexts where they are more appropriate and they are not always interchangeable. Their usage depends on the nature of the activity and the goals associated with it.

For example, you wouldn't say, "I train for 30 minutes every day" if you are engaged in a general fitness routine. Also, you wouldn't say, "I practice at the gym" unless you are specifically rehearsing or improving certain skills or techniques.

GENERAL MEANINGS AND CONTEXTS (OPŠTA ZNAČENJA I KONTEKSTI)

1. Train:

- **Meaning:** Engaging in a systematic program of physical activity with the goal of improving specific skills, performance, or fitness levels.
- **Contexts:** Sports-specific training, Training for a marathon.
- **Example:** "Athletes train for months to prepare for the championship."

2. Practice (practise :

- **Meaning:** Repeated performance or rehearsal of a specific activity to improve skills, techniques, or proficiency.
- **Contexts:** Sports drills, rehearsing dance routines.
- **Example:** "Basketball players practice their jump shot and free throw techniques."

GENERAL MEANINGS AND CONTEXTS (OPŠTA ZNAČENJA I KONTEKSTI)

3. Exercise:

- **Meaning:** Physical activity done for the purpose of maintaining or improving health and fitness.
- **Contexts:** Cardiovascular exercise, strength training, flexibility exercises, general physical activity.
- **Example:** "I exercise for 30 minutes every day to stay fit."

4. Work out:

- **Meaning:** Engaging in physical activity, often at a gym, with the intention of improving overall fitness or achieving specific goals.
- **Contexts:** Going to the gym, strength training, aerobic workouts.
- **Example:** "I work out three times a week to stay in shape."

ENGLISH TO SERBIAN:

TRAIN

PRACTICE

WORK OUT

TRENIRATI

WORK OUT

EXERCISE

PRACTICE

VEŽBATI

DO YOU TRAIN OR PRACTICE A SPORT?

***I train football / karate / track & field.** *(informal, non-standard)*

Train / Train for an event / Train someone

It is better to use **practice** instead.

I practice football / karate / track & field.

USAGE (UPOTREBA):

TRAIN

PRACTICE

Konkretne, ciljane, planske aktivnosti

EXERCISE

WORK OUT

Opšte aktivnosti, ponekad i konkretne
u zavisnosti od konteksta

APPROPRIATE AND INAPPROPRIATE USE (PRIKLADNA I NEPRIKLADNA UPOTREBA)

1. Train:

- **Appropriate Use:** "I train for the marathon every morning."
- **Inappropriate Use:** "I train at the park for general fitness." (Here, "work out" or "exercise" would be more appropriate.)

2. Practice:

- **Appropriate Use:** "Tennis players practice their serves and volleys daily."
- **Inappropriate Use:** "I practice at the gym." (Here, "work out" or "exercise" would be more appropriate.)

APPROPRIATE AND INAPPROPRIATE USE (PRIKLADNA I NEPRIKLADNA UPOTREBA)

3. Exercise:

- **Appropriate Use:** "I exercise for overall health."
- **Inappropriate Use:** "I exercise for the upcoming football tournament." (Here, "train" would be more suitable.)

4. Work Out:

- **Appropriate Use:** "I work out with a personal trainer."
- **Inappropriate Use:** "I work out my swimming techniques." (Here, "practice" would be more appropriate.)

EXAMPLES

Train:

1. She decided to train with a personal coach to improve her tennis skills.
2. The football team plans to train twice a day during the pre-season.
3. To compete at the elite level, gymnasts train (for) flexibility and strength.
4. The coach will train the swimmers on perfecting their dive techniques.
5. Marathon runners often train by gradually increasing their running distance.

EXAMPLES

Practice:

1. The dance troupe gathered to practice their routine before the big show.
2. Soccer players practice penalty kicks to improve their accuracy.
3. Before the competition, the archers practiced their aim diligently.
4. The gymnast spent hours practicing her balance beam routine.
5. Jane practices both handball and judo, but still gets good grades in school.

EXAMPLES

Exercise:

1. She decided to exercise for an hour each day to improve her endurance.
2. The team will exercise together to improve their overall fitness levels.
3. Gymnasts regularly exercise to maintain their flexibility and strength.
4. Runners exercise consistently to boost their cardiovascular fitness.
5. Cycling exercises the leg muscles.

EXAMPLES

Work Out:

1. I work out at the gym to target different muscle groups.
2. Weightlifters work out to increase muscle mass and strength.
3. I need to work out my abs, so I'll do some crunches and planks.
4. She loves to work out using high-intensity interval training (HIIT) techniques.
5. Athletes often work out under the guidance of a fitness trainer.

NOUNS (IMENICE)

TRAINING – *TRENING (OBUKA [NEVEZANO ZA SPORT]), TRENIRANJE*

PRACTICE – *VEŽBA (PRAKSA, UPRAŽNJAVANJE...); TRENING*

EXERCISE – *VEŽBA, VEŽBANJE*

WORKOUT – *TRENING [JEDNOKRATNI], VEŽBANJE*

NOUN EXAMPLES

- "She dedicated hours to her training for the triathlon next month."
- "I'm sorry, but I can't go to the mall after school. I have volleyball practice."
- "Running is both a great exercise and an effective workout."
- "Regular exercise is essential for overall health and well-being."
- "The bodybuilder followed a strict workout/training regimen to build muscle."
- "The boxer's training included both cardiovascular exercises and sparring sessions."
- "The track and field athletes followed a specialized workout designed by their coach."
- "Cyclists often include interval training (sessions) into their workout plans."
- "The basketball team had a morning practice to work on their shooting skills."
- "Her workout includes a mix of cardio and strength (training) exercises."