

A2.28 Vocabulario básico (18)

A2.28 Basic Vocabulary (18)

 <https://app.colanguage.com/spanish/syllabus/a2/28>

Spanish

El entrenamiento
El yoga
Entrenar
Esforzarse
Estar cansado
Estar etresado
Estar relajado
Estirar
Fuerte
La fuerza
La piscina
La rutina
Las pesas
Levantar
Llevar una vida sana
Los ejercicios
Tener calor
Tener frío

English

The training
The yoga
To train
To make an effort
To be tired
To be stressed
To be relaxed
To stretch
Strong
The strength
The swimming pool
The routine
The weights
To lift
To live a healthy life
The exercises
To be hot
To feel cold