



Kupu Whakapakari Tinana

Fitness words

Whitiwhiti / Hohe uekaha	Crossfit
Papararo peke mairoa	Burpee over bar
Pana Hītenga	Thrusters
Hiki rua tārewa	Hang cleans
Pana pakahiwi	Shoulder press
Mamahi o te rā	Workout of the day
Hiki rua	Clean and jerk
Hiki kupa	Dead lift
Porotēteke	Handstand
Piupiu	Skipping
Kei reira koe	Get in the zone
Kia kaha ake e kare mā	Let's go team



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Whare Hākinakina	Gym
Whakatangatanga	Warm up
Tāruarua/Tā	Repetition/Rep
Tōpū	Set
Rā waewae	Leg Day
Pēhinga	Press-ups
Whakaara poho	Sit-ups
Pana tū	Burpee
Noho hītengi/Nonoho	Squat
Whātoro waewae	Lunge
Piki Maunga	Mountain Climbers
Whakamakaka	Warm down
Me haere koe ki tō ake tūāoma	Go at your own pace
Kia āta haere	Go as slow as you like



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Tauhōkai	Yoga
Te ohu whakapakari	Group fitness
Mekemeke	Boxing
Mamahi Pūhui	Compound exercise
Mātanga whakapakari tinana	Personal trainer
Tūoma	Running on the spot
Oma parahuti/kokiri	Sprint
Whakaurua kia toa	Be in to win
Ka nui tēnā	That's enough
Whakakakapa manawa	Up the heart beat



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