



# Kupu Whakapakari Tinana

## Fitness words

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



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



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



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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

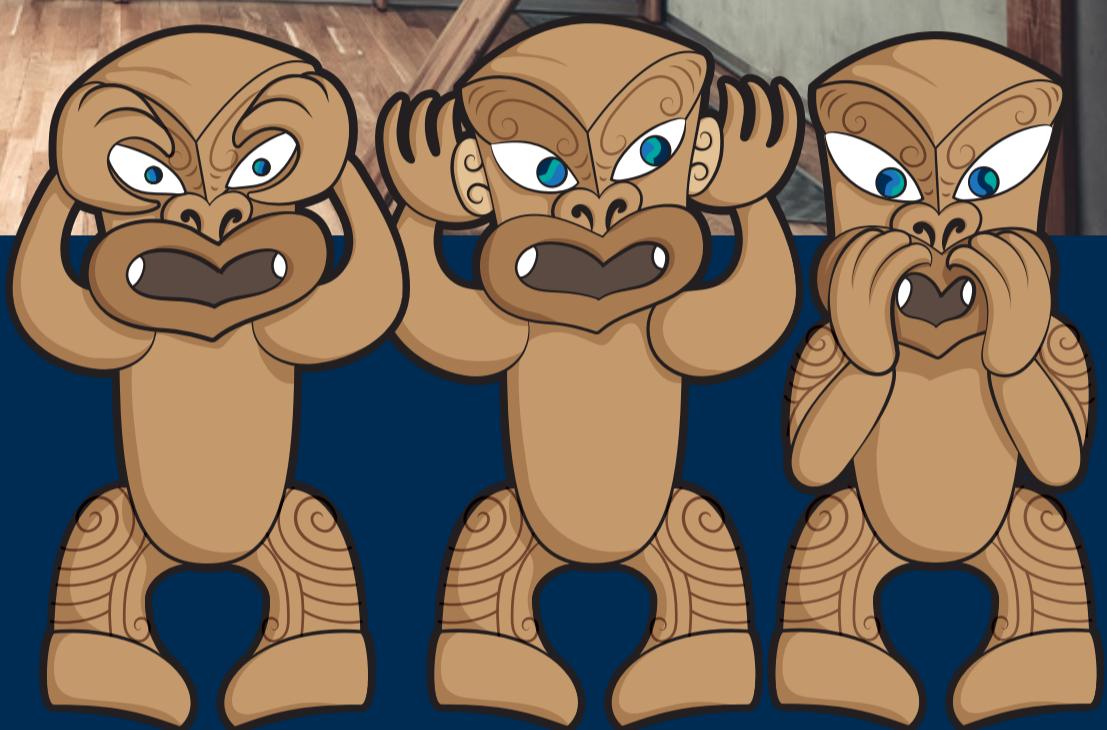
**Whakakakapa manawa**

Up the heart beat



# Te Kāuta

## The Kitchen



**He āwhina māu?**

Do you need help?

**Homai koa he āwhina**

I need some help

**Kua horoia tēnā?**

Have you washed that?

**Horoia te raumanga**

lean the bench

**Kei hea ngā naihi me ngā paoka?**

Where are the knives and forks?

**Me tuku ō utauta ki te pūrere horoi utauta**

Put your dishes in the dishwasher

**Purua ngā taputapu ki roto i te puoto**

Put the dishes in the sink



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**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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