

Korean Gym and Fitness Vocabulary worksheet (PDF)

Word list

#	Hangul	Romanization	Meaning
1	헬스장	helseujang	gym, fitness centre
2	러닝머신	reoningmeosin	treadmill
3	덤벨	deombel	dumbbell
4	바벨	babel	barbell
5	매트	maeteu	mat
6	거울	geoul	mirror
7	탈의실	taruisil	changing room
8	사물함	samulham	locker
9	운동	undong	exercise, sport
10	스쿼트	seukwoteu	squat
11	푸시업	pusieop	push-up
12	플랭크	peullaengkeu	plank
13	스트레칭	seuteureching	stretching
14	유산소	yusanso	aerobic (exercise)
15	근력	geullyeok	muscular strength
16	줄넘기	julleomgi	jump rope
17	근육	geunyuk	muscle
18	체중	chejung	body weight
19	체력	cheryeok	stamina, physical strength
20	어깨	eokkae	shoulder
21	허리	heori	waist, lower back
22	복근	bokgeun	abdominal muscles
23	체지방	chejibang	body fat
24	요가	yoga	yoga

More words: see the full list at learn-korean-hangul.com/vocabulary/hobbies/sports/gym-and-fitness/

Korean Gym and Fitness Vocabulary worksheet (PDF)

Matching

Name: _____ Date: _____

Hangul	Meaning
1. 헬스장 _____	A. push-up
2. 러닝머신 _____	B. squat
3. 덤벨 _____	C. gym, fitness centre
4. 바벨 _____	D. plank
5. 매트 _____	E. mat
6. 거울 _____	F. changing room
7. 탈의실 _____	G. exercise, sport
8. 사물함 _____	H. locker
9. 운동 _____	I. treadmill
10. 스쿼트 _____	J. mirror
11. 푸시업 _____	K. dumbbell
12. 플랭크 _____	L. barbell

Korean Gym and Fitness Vocabulary worksheet (PDF)

Writing practice

Name: _____ Date: _____

헬	스	장	헬	스	장	헬	스	장						
---	---	---	---	---	---	---	---	---	--	--	--	--	--	--

러	닝	머	신	러	닝	머	신	러	닝	머	신				
---	---	---	---	---	---	---	---	---	---	---	---	--	--	--	--

덤	벨	덤	벨	덤	벨				
---	---	---	---	---	---	--	--	--	--

바	벨	바	벨	바	벨				
---	---	---	---	---	---	--	--	--	--

매	트	매	트	매	트				
---	---	---	---	---	---	--	--	--	--

거	울	거	울	거	울				
---	---	---	---	---	---	--	--	--	--

탈	의	실	탈	의	실	탈	의	실					
---	---	---	---	---	---	---	---	---	--	--	--	--	--

사	물	함	사	물	함	사	물	함					
---	---	---	---	---	---	---	---	---	--	--	--	--	--

Korean Gym and Fitness Vocabulary worksheet (PDF)

Fill in the blank

Name: _____ Date: _____

1. 저는 _____에 다녀요.

jeoneun helseujange danyeoyo. I go to the gym regularly.

2. _____에서 삼십 분 뛰어요.

reoningmeosineseo samsip bun ttwieoyo. I run for thirty minutes on the treadmill.

3. _____을 들어요.

deombereul deureoyo. I lift the dumbbell.

4. _____은 덤벨보다 무거워요.

babereun deombelboda mugeowoyo. A barbell is heavier than a dumbbell.

5. _____ 위에서 운동해요.

maeteu wieseo undonghaeyo. I exercise on a mat.

6. _____ 앞에서 운동해요.

geoul apeseo undonghaeyo. I exercise in front of the mirror.

7. _____에서 옷을 갈아입어요.

taruisireseo oseul garaibeoyo. I change my clothes in the changing room.

8. _____에 가방을 넣어요.

samulhame gabangeul neoeoyo. I put my bag in the locker.

Korean Gym and Fitness Vocabulary worksheet (PDF)

Answer key

1. C — 헬스장 — gym, fitness centre
2. I — 러닝머신 — treadmill
3. K — 덤벨 — dumbbell
4. L — 바벨 — barbell
5. E — 매트 — mat
6. J — 거울 — mirror
7. F — 탈의실 — changing room
8. H — 사물함 — locker
9. G — 운동 — exercise, sport
10. B — 스쿼트 — squat
11. A — 푸시업 — push-up
12. D — 플랭크 — plank

Fill in the blank

1. 헬스장
2. 러닝머신
3. 덤벨
4. 바벨
5. 매트
6. 거울
7. 탈의실
8. 사물함