

Part 2: Words with Multiple Syllables

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| 1. researchers / 연구자들 | 11. aged / 나이 [2] |
| 2. Manchester / 맨체스터 | 12. endurance / 지구력 |
| 3. endurance / 지구력 | 13. sprinters / 단거리 선수들 |
| 4. stamina / 체력 | 14. muscle / 근육 |
| 5. long-distance / 장거리의 | 15. ability / 능력 |
| 6. bodybuilders / 보디빌더들 | 16. position / 자세 |
| 7. energetically / 활발히 | 17. oxygen / 산소 |
| 8. housework / 집안일 | 18. aerobic / 유산소의 |
| 9. alternative / 대안 | 19. professor / 교수 |
| 10. athletes / 운동선수들 | 20. beneficial / 유익한 |

Part 3: Synonyms for the Words Above

- researchers / investigators / scientists
- university / college / institution
- Manchester / (Proper noun)
- training / exercising / working out
- improve / enhance / boost
- fitness / physical condition / health
- players / competitors / team members
- endurance / stamina / staying power
- stamina / endurance / energy
- long-distance / marathon / (no common synonym)
- runners / joggers / racers
- strong / powerful / muscular
- bodybuilders / weightlifters / (no common synonym)
- because / since / as
- different / various / diverse
- types / kinds / categories
- exercise / workout / physical activity
- combine / mix / integrate
- building / developing / increasing
- strength / power / muscle
- research / study / investigation
- cycling / biking / (no common synonym)
- running / jogging / sprinting
- swimming / (no common synonym)
- energetically / vigorously / actively
- housework / chores / domestic work
- climbing / ascending / scaling
- stairs / steps / (no common synonym)
- alternative / option / substitute
- study / research / analysis
- athletes / sportspeople / competitors
- aged / of age / (no common synonym)

- Lithuanian / (Proper adjective)
- endurance / stamina / resilience
- power / strength / force
- sprinters / short-distance runners / (no common synonym)
- basketball / (Proper noun for a sport)
- football / soccer / (no common synonym)
- volleyball / (Proper noun for a sport)
- tested / examined / evaluated
- muscle / muscular / (no common synonym)
- ability / capability / capacity
- standing / upright / on your feet
- position / stance / posture
- oxygen / O₂ / (no common synonym)
- during / while / throughout
- measure / gauge / calculate
- aerobic / cardio / cardiovascular
- professor / academic / scholar
- beneficial / advantageous / helpful