



# Health & Fitness

## Welsh Sentences



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✓	English	Welsh
<input type="checkbox"/>	Bend at the waist holding a dumbbell in your right hand near the floor, directly under your right shoulder.	Plygwch wrth y hepgoriad sy'n dal dumbbell yn eich llaw dde ger y llawr, yn uniongyrchol o dan eich ysgwydd dde.
<input type="checkbox"/>	Firstly, start by holding a light dumbbell with both hands, and just let your arms drop down in front of you naturally.	Yn gyntaf, dechreuwch drwy ddal dumbbell ysgafn gyda'r ddwy law, a gadewch i'ch breichiau ddisgyn o'ch blaen yn naturiol.
<input type="checkbox"/>	He looked around in disapproval at the disaster that remained of the new gym.	Edrychodd o gwmpas yn anghymeradwyo ar y drychineb a arhosodd o'r gampfa newydd.
<input type="checkbox"/>	The doctor had taken his time seeing him, but had finally confirmed that Byrne was in excellent health.	Roedd y meddyg wedi cymryd ei amser yn ei weld, ond roedd wedi cadarnhau o'r diwedd fod Byrne mewn iechyd rhagorol.
<input type="checkbox"/>	A personal trainer can teach you how to stay focused and become disciplined.	Gall hyfforddwr personol eich dysgu sut i barhau i ganolbwyntio a dod yn ddisgybledig.
<input type="checkbox"/>	He no longer seemed stout, though he still had the appearance of solidity and strength.	Nid oedd yn ymddangos yn stout mwyach, er ei fod yn dal i fod â'r ymddangosiad o undod a chryfder.
<input type="checkbox"/>	She leaned back against the wall for a moment, gathering strength to stretch farther.	Neidiodd yn ôl yn erbyn y wal am eiliad, gan gasglu cryfder i ymestyn yn fwy.
<input type="checkbox"/>	Balashev did not do so at once, but continued to advance along the road at a walking pace.	Ni wnaeth Balashev hynny ar unwaith, ond parhaodd i symud ymlaen ar hyd y ffordd ar gyflymder cerdded.
<input type="checkbox"/>	Relaxed stretching prepares your muscles for the period which follows your workout.	Mae ymestyn hamddenol yn paratoi eich cyhyrau ar gyfer y cyfnod sy'n dilyn eich gwaith.