



Health & Fitness

Welsh Vocab List



Find more language-learning resources on
johnjds.co.uk/ablas



<input checked="" type="checkbox"/> English	Welsh
<input type="checkbox"/> aerobics	aerobeg
<input type="checkbox"/> athlete	athletwr
<input type="checkbox"/> bodybuilder	corffluniwr
<input type="checkbox"/> cardio	cardio
<input type="checkbox"/> circuit training	hyfforddiant cylchol
<input type="checkbox"/> dumbbell	dymbel
<input type="checkbox"/> exercise	ymarfer corff
<input type="checkbox"/> exercise bike	beic ymarfer corff
<input type="checkbox"/> fitness	ffitrwydd
<input type="checkbox"/> fitness tracker	traciwr ffitrwydd
<input type="checkbox"/> gym	campfa
<input type="checkbox"/> health	iechyd
<input type="checkbox"/> health club	clwb iechyd
<input type="checkbox"/> heartbeat	curiad calon
<input type="checkbox"/> jogging	loncian
<input type="checkbox"/> kettlebell	kettlebell
<input type="checkbox"/> personal trainer	hyfforddwr personol
<input type="checkbox"/> punchbag	bag dyrnu
<input type="checkbox"/> push-up	gwthio i fyny
<input type="checkbox"/> stamina	stamina
<input type="checkbox"/> strength	cryfder
<input type="checkbox"/> stretch	annelu
<input type="checkbox"/> treadmill	melin draed
<input type="checkbox"/> walking	cerddediad

Find more language-learning resources on

johnjds.co.uk/ablas



<input type="checkbox"/>	warm-up	cynhesu
<input type="checkbox"/>	weight	pwysau
<input type="checkbox"/>	workout	ymarferiad
