

—Tom, how do you keep healthy? You always look great.

—Well, that's easy. I usually \_\_\_\_\_ at the gym.

A. act out                    B. work out                    C. stay out                    D. blow out

可沿着虚线剪开

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## 参考答案与解析

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**答案：** B

### 解析：

‘work out’ 意为‘锻炼’或‘做运动’，符合语境，指的是在健身房锻炼身体。而其他选项的意思与健身无关。

**考点总结：** 短语动词的理解