

LEARN THESE POWERFUL PHRASEL VERBS

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INFINITY ENGLISH PODCASTS 1291

This is Jack from
ToFluency.com
and welcome to this audio
lesson
where I'm going to teach you
around 50 phrasal verbs,
and I'm gonna do it in a way
that is a little bit different
than probably what you're
used to
because we are going to listen
to a story
about a guy called Dave who
lives a very interesting life,
or at least I think it's
interesting.
And in that audio, which is
only five minutes,
there are 52 phrasal verbs.

So what I want you to do in
this lesson is this,
listen to that story and try and
listen
for the phrasal verbs and to
notice them
when I'm saying them.
And then continue with this
audio lesson
because I'm going to high
light and go through,
which is a phrasal verb to go
through,
the various phrasal verbs that
we use,
explain what they mean, and
where relevant,
give you more examples.
And then after you've done

that,
I want you to then go back to
the part of the audio
which is going to just give
you the story,
so listen to the story again,
because you'll be amazed
at how much better you
understand it
after going through the lesson.
So yeah, I hope you enjoy this
lesson.

Here is the audio story.
Today is Tuesday, or Tuesday
in American English,
and Dave's alarm goes off at
4:30 a.m.

As soon as he gets up he turns
on the coffee machine,

but today he has run out of
cream.

He usually likes cream in his
coffee
so he's not had the best start to
the day.

But he drinks his coffee
anyway
and now it is time to work
out.

Now most people, if they work
out in the morning
they'll just do a few
exercises, but Dave is
different.

He sets off on his 20-mile run,
breathing in the air as he runs
along the oceanfront.

Again, his goal is to run 20

miles.

After 15, he's running out of energy and motivation, but this is Dave so he doesn't give up.

After his run, he bangs out 100 pushups without stopping. He takes a quick breath and then carries on doing another hundred, and then another.

He gets home, turns on the shower, jumps in, dries himself off, and then has another coffee.

It's now 10:00 a.m. and it's time to focus on work.

He opens up his
computer, logs into his emails,
and responds to his clients'
questions.

In his inbox there are
six speaking opportunities.
He turns down five as they just
don't pay enough.

He agrees to do one as it
pays him exactly what he is
after,
but he has to iron out a few
details.

He remembers that he has
a speaking engagement next
week,
so he looks up flights to New
York,
where the speaking

engagement is,
and he soon realizes he
doesn't have time
to shop around for the best
deal.

So instead he fills out the form
and
books the flight
business class.

It's now time to get on
with writing his presentation.
He doesn't want to put this off
until tomorrow
or until next week.

Now in the past, he would
have a cigarette
while writing his presentation.
But he gave them up a few
years ago,

because this is Dave, the new
Dave.

It's time to prepare his lunch
so he warms up leftoverpasta
from the night before.

And once it's ready, he digs in
and finishes it withinabout
three minutes.

The afternoon is dragging on
a bit

so he makes another coffee.
This time he adds in a little
honey.

He spends the rest of the
afternoon
finishing up his presentation.

Once that is done, it'snow
time to
chill out

for the rest of the evening
so he decides to text his friend
to see if she wants to hangout
for the rest of the day.

She agrees and he heads out
just before five
and sets off for his friend's
house.

He hasn't seen her for a while
so he's looking forward to
catching up.

They grew up together and
he's worried
about them growing apart
so he's very excited about
seeing her.

When he gets there, he pops in
for a few minutes.

They decide to eat out so they

head out
to this new, exciting
restaurant.

They order some appetizers.
Dave is starving at this point
so he wolfs them down.

Sarah only picks at them.

They then go through the
menu again
and pick out a main meal to
share.

Sarah then knocks back a
couple of very expensive
cocktails,
but Dave just drinks water.
He's trying to cut out alcohol
during the week,
which is pretty smart.
Before heading back

home,they decide to take a
walk
along the ocean and they
actually run into
an old friend from school who
is there
with other friends around a
campfire.
They decide to stay outa little
bit longer.
And then Dave drops Sarah
off at her home
and drives back home.
When Dave gets home, he has
enough time
to write down what he
haslearned during that day
in his journal.
He then turns off the lights,

gets into bed, and passes out
immediately.

Today has been a good day.
Okay? So we had 53 phrasal
verbs there.

I'm not going to go through
each one in depth,
but I'm just gonna repeat some
of them now.

So the first one, Dave's alarm
goes off at 4:30.

So when something goes off it
means it makes a sound.

This could be your alarm on
your phone.

So my alarm is gonna go off at
5:00 a.m. tomorrow.

I'm not looking forward to it,
for example.

But it could just also be a fire
alarm or a car alarm.
So your car alarm is going off.
Could

you turn it off?

And turn off is another
phrasal verb.

The next one, as soon as he
gets up.

So to get up means to get out
of bed.

He turns on the coffee
machine.

To turn on means to start it.
You can turn on a light, turn
on the TV,
turn on anything,
really, anything that has a
switch.

The next one is a great one, to
run out of something.

And in the story I said, he runs
out of cream.

Now, if I have coffee or tea,
I actually gave up coffee a
year ago now,
but when I have tea, I like
to put cream in it or some
milk.

So cream is that really thick
style milk
which is great in coffee and
tea.

But if you run out of
something,
it means you don't have any
remaining.

So it means that you don't

have any left.

And you can use this a lot in
the present continuous.

We're running out of
cream. We're running out of
time.

We're running out of gas.

Let's stop soon.

Now, Dave is a big fitness
fan.

And I said in the story, it's
time to work out.

And to work out means
to exercise, to exercise.

An example is I
haven't worked out much this
week.

I haven't worked out much
this week.

Now you don't really use this
for sports or walking.

It's mainly used when you
want to do exercise,
like go to the gym or maybe
go for a run,
as well, but mainly going to
the gym.

I then said he set off on his
20-mile run.

So to set off means to start a
journey.

So you can say, "We need to
set off early tomorrow.

"Let's set our alarm really
early. Okay?"

So to set an alarm means to
give your alarm the,
to put it into your phone so it

goes off at the right time.
But to set off means to start a
journey.

In the story, he ran on the
beach,
or he went for a run on the
beach,
and I gave to phrasal verbs
here,
to breathe in the ocean air, to
breathe in the ocean air.

Feels good, doesn't it,
to breathe in the ocean air?
So this means to inhale, to
inhale something,
like breathe in smoke, for
example.

And then the other one was he
runs

along the oceanfront.

So to run along
something means to run next
to something.

It could be used for other
things like
to run along the train tracks,
to run along the road, to run
along the river.

Now, although he was running
out of energy,
which we talked about
before, to run out of
something,

he didn't give up in the past.
He didn't give up, and to give
up
means to quit, to stop doing
something.

Now we can use this a lot in
sport.

Like don't give up now, keep
going.

Don't give up now, keep
going.

But we can also use it
for things like bad habits.

Like I need to give up
smoking.

I need to give up fast food.

And I gave up coffee, for
example.

Next one related to working
out

is he bangs out a hundred
pushups.

So if you bang something
out, it means you do

something
in a quick manner and you
don't procrastinate.
You just get it done.
It's mainly used for sports.
You won't really use this much
in everyday English,
but if you're watching a
movie,
maybe something to do with
sport
or to do with the Army and
the Navy,
then you might hear this,
to bang out a hundred
pushups.
After exercising, Dave needed
a shower.
So what he did was he turned

the shower on.

So again, this means to start
something,
to turn the shower on, and then
he jumped in the shower,
to jump in the shower.
And this just means to get in
the
shower.

And I use this nearly
everytime I'm telling
somebody
I'm going to have a shower.
I'm say, "I'm just going to
jump in the shower."

And it does suggest that
you're going to
have a quick shower, to jump
in the shower.

I'm just gonna jump in
theshower. I won't be long.
So after getting out of the
shower,
he decided to do a little bit of
work
and he opens up his computer.
Now you can imagine this in
your head.

You can picture what is
happening here.
Imagine you have a laptop.
It is in your bag and simply,
you just open it up.

So you don't say open
acomputer, you say open it
up.
And you can also use thisfor
presentations or files,

like open up this file, open up
this presentation.

So open up something is
used a lot with computers and
work.

Now the next thing he does is
he logs into his emails.

He logs into his emails.

And this is where you
enter your username and
password

to access your emails.

And sometimes when
somebody buys one of my
courses

I get an email saying, "I can't
log into my account.

"I can't log into my account."
So I help them log into their

account.

Now Dave is in demand for
his services,
but he turns down five offers.

And to turn something
down means to refuse to do it.
So he turns down five offers.

He
refuses to do it.
He says no to those offers.
Now think about a job that
you apply for,
but it's not quite right for you
because of whatever reason,
maybe they don't pay you
enough,
you can say, "Oh, I have to
turn that job down
"because it doesn't pay well

enough.

"I have to turn that job down."

Now the next one is
fantastic for business English,
to iron out a few details.

So he has an offer, but he has
to iron out a few details.

And this means to resolve or
to agree to some details.

So often when you
are agreeing to something,
signing a contract,
if you are an independent
contractor,
you might have to iron a few
things out,
which means say, "Okay, I'll
do it if you do this."
Or, "Let's do it, but I need to

do a bit of this."

So that means to iron stuff
out.

Now, the next thing he has to
do is
find some flights to New
York.

So he looks up flights to New
York.

To look something up,
you probably already know
this

from using a dictionary and to
look up new vocabulary
in the dictionary, but we
can use this for lots of things,
to find information about or to
research something.

Often with my wife and I say,

"Can you look up something
for me?

"Because you're on your
phone.

"Can you look up what
timewe have to leave
tomorrow?"

So this just means to research
something,
to find more information
about
something.

Now, Dave doesn't like to
waste time,
so he doesn't have time to
shop around.

He doesn't have time to shop
around.

now to shop around meansto

consider several options
and also to compare
prices before making your
decision.

So when I am looking
for some new soccer shoes,
in the UK we call them
football boots,
I don't like the term
soccer shoes or soccer cleats.
so football boots, I often shop
around.

And I usually, and this is
another phrasal verb,
I usually end up getting them
on eBay
because they're a lot cheaper
there.

But I'll look on Amazon

aswell and just other places.

So to shop around means
toconsider several options
before buying
something,before making
your decision.

Now, after doing that,after
doing his exercise
and looking at flights
andgoing through his emails,
it's now time to get on
withwriting his presentation.
It's time to get on withwriting
his presentation.

So to get on with something
means to spend your time
doing something,
to actually commit that time
to doing it.

Another phrase here, if you
say to somebody,
"Just get on with it," it's a little
bit critical.

You're saying, "'Look, you're
wasting time.

"Just start, just start this thing,
just get on with it.

"Stop wasting time
procrastinating

"or looking up flights to New
York."

And often when you
procrastinate, you put things
off.

And in the story it said
he doesn't want to put this off
until next week.

So to put something off means

to delay something.
This is used a lot in everyday
English.

People will say, you know,
"I keep putting off doing our
taxes.

"I keep putting off doing
admin at home.

"I keep putting off the
laundry."

So this is when you just delay
doing something
because you don't want to do
it.

Dave is then feeling a little
hungry,
so what he does is he
simply warms up leftover
pasta.

To warm something up
meansto make something
warm,
especially when it comes to
food.

So after cooking something,it
goes in the fridge.

If you have leftovers, like
leftovers,

and then you can warm this
up again

by putting it in the microwave
or putting it in a potand
making it warm again.

So a way to put this as a
question is,

"Do you want me to warm
this up for you?"

I often ask that to my children

if we have leftover food
saying,
"Do you want me to warm
this up for you before you eat
it?"

I love this next one,
the afternoon is dragging on a
bit.

Oh, it's dragging on, today's
dragging on a bit.
Now, if something is dragging
on

it means that time's going
slowly
or things aren't going as
quickly as you like.
So you might hear someone
say, "Man,
"this movie is dragging on,"

which means
that it's just taking a long time
to finish
and it's getting a little bit
boring.

So you can use this at school,
for example, like,
"Oh this afternoon's dragging
on a bit."

But he spends the rest of the
afternoon
finishing up his presentation.

And this means to complete
the presentation.

Another example is I just have
to finish up
writing this email, then I can
leave the office.

And then in the evening, it's

time to chill out,
to chill out for the rest of the
afternoon,
rest of the evening.
And this means to relax and to
take it
easy.

You can also mean to
not worry about something,
like chill out, it's not a big
problem.

Don't worry about it. Chill
out.

He then calls a friend to see if
she wants to hang out.

So to hang out means to
spend time together in a social
way.

And to hang out with his

friend
he heads out just before five.
We use this a lot in everyday
English.

To head out means to
leave your home or your office
to go somewhere else.
It's quite simple, but we use it
all the time.

For example, "I can't speak
right now.

"I'm just heading out."
He's excited to meet this
friend
because they grew up
together.

And to grow up together
means
that they spent their childhood

together.

And another example here
related to my life,
growing up in Northern
England
meant playing outside in the
rain.

So I remember playing outside
in the rain a lot
because I grew up in Northern
England.

Now before going to eat out,
which means to eat at a
restaurant,

he pops in for a few minutes.

So to pop in means to enter
someone's house

for a brief period of time.

Another example is I'm going

to pop round to Dave's
to pick something up.

Do you notice that
otherphrasal verb there?
To pop round, to pick up
something.

So we can use pop round as
well as pop in.

So after getting
theirappetizers, which Dave
wolfs down,

which means he eats very
quickly,
whereas Sarah only picks at
them,

which means she eats them
very slowly,
they then go through the
menu again.

So this means to look at the
menu again
to see what's on offer.
And you might say to
the server in a restaurant,
"I'm not ready. I haven't gone
through the menu yet."
"So I just need a little bit
more time."

But after they do that,
they pick out a main meal to
share.

So this means to choose
something,
to pick something out on
the menu, to choose
something.

Another example is she
takes forever picking out an

outfit.

She doesn't know what to
wear
and she takes forever picking
out an outfit.

But Dave is trying to cut
back on
alcohol during the week.

This means to reduce
the amount of alcohol he
drinks.

So another example is I've cut
back on sugar recently,
I've reduced the amount of
sugar I want to eat.

But what happens later on
is they run into an old friend
from school.

So this, to run into somebody

means to meet somebody you
know by chance.

I often say to Kate,
"Guesswho I ran into today?"

And Kate is my wife,
"Guesswho I ran into today?"

And then we play a little
game.

She will say, "Male or
female?"

I'll say, "Male."

And then she says, "Oh, dowe
know them from football?"

I say, "Yes," and then shehas
to guess who I ran into.

It's a fun game. I like playing
it.

But after running intoa friend
from school

they decide to stay out a bit
longer, to stay out.

So to stay out means to remain
out of the home
for a bit longer.

Another example of that is I
couldn't stay out late
on a school night when I was
younger.

I couldn't stay out late on a
school night.

So we're getting close to the
end

of these phrasal verbs now.

Just stay with me because
Dave dropped Sarah off at
home.

So to drop someone off at
home

means to take them home in a
car.

A question you can ask is,

"Can you drop me off?

"Can you drop me off?

"I don't have a car today.

"Can you drop me off?"

And then Dave is one of those
people

who writes down what he has
learned that day.

So he keeps a journal.

To write something down
means to write it

on a piece of paper.

He then turns off the lights,
which is the opposite of turn
on.

He gets into bed, which is the

opposite of get up.
And then he passes out
immediately,
which means to fall asleep
straight away.

I used to be able to just pass
out when I was traveling.

I could just pass out
anywhere,
just have a little
sleep wherever I was, it was
fun.

So those are the phrasal verbs
that we learned in this lesson.

Now if you want to see this in
writing as well,

just search for, ToFluency,
which I'm sure you know how
to spell by now, ToFluency,

and then 52 phrasal verbs.
So then you'll be able to find
this as a written lesson,
too, so you can see exactly
how to spell things.

You can go through this
slowly.

And you can also watch the
video as well on that page,
or if you prefer, search for it
on YouTube.

And while you're on my
website,
just click the blue box
or the blue banner at the top
where you can get a free
book.

It's called "The Five-Step Plan
for English Fluency"

and it just goes through how to
learn English
in a meaningful way, where
you are focused
on using the right methods to
improve
your English.

And it's also going to give
you the motivation
and the resources
so that you can actually think
about your goals
and think about how best to
learn English
in a way that's going to be
beneficial for you.
So definitely check that out
and then be sure
to like this podcast, leave a

review if you can,
if you're on a platform that
allows you to do that,
and share it with your friends.

Okay. Thank you for
listening and I'll speak to you
soon.

Bye-bye.

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