

Need another word that means the same as “exercise”? Find 59 synonyms and 30 related words for “exercise” in this overview.

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The synonyms of “Exercise” are: drill, practice, practice session, recitation, employment, usage, use, utilisation, utilization, exercising, workout, example, movement, exertion, effort, work, task, piece of work, problem, assignment, piece of school work, piece of homework, manoeuvres, operations, practise, work out, do, exert, employ, make use of, utilize, avail oneself of, put to use, do exercises, keep fit, train, engage in physical activity, worry, trouble, concern, make anxious, bother, disturb, perturb, perplex, puzzle, distress, occupy someone's thoughts, preoccupy, prey on someone's mind, gnaw at, lie heavy on, burden, make uneasy, agitate

Exercise as a Noun

Definitions of "Exercise" as a noun

According to the [Oxford Dictionary of English](#), “exercise” as a noun can have the following definitions:

- *A task performed or problem solved in order to develop skill or understanding.*
- *Activity requiring physical effort, carried out to sustain or improve health and fitness.*
- *A ceremony that involves processions and speeches.*
- *An activity carried out for a specific purpose.*
- *An action, often used negatively and without consequences.*

- *The use or application of a faculty, right, or process.*
- *(usually plural) a ceremony that involves processions and speeches.*
- *The act of using.*
- *A military drill or training manoeuvre.*
- *A task set to practise or test a skill.*
- *Systematic training by multiple repetitions.*
- *Ceremonies.*
- *The activity of exerting your muscles in various ways to keep fit.*



Synonyms of "Exercise" as a noun (24 Words)

assignment

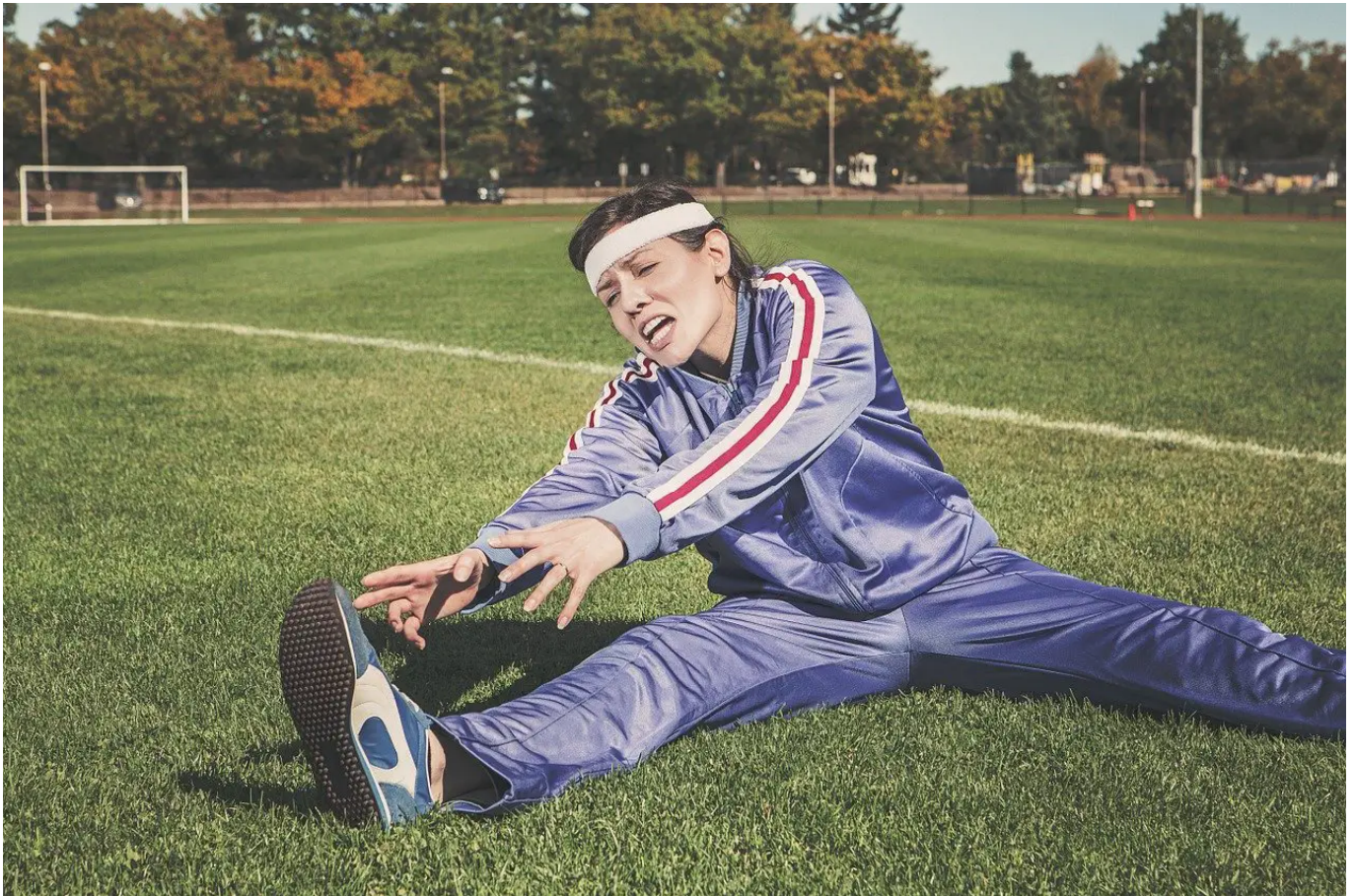
An act of making a legal transfer of a right or liability.
*A homework **assignment**.*

drill

Similar to the mandrill but smaller and less brightly colored.
*He didn't know the **drill**.*

effort	A vigorous or determined attempt. <i>In an effort to reduce inflation the government increased interest rates.</i>
employment	The act of using. <i>A fall in the numbers in full time employment.</i>
example	A task performed or problem solved in order to develop skill or understanding. <i>But there is always the famous example of the Smiths.</i>
<u>exercising</u>	The activity of exerting your muscles in various ways to keep fit. <i>He did some exercising.</i>
exertion	Physical or mental effort. <i>The exertion of authority.</i>
manoeuvres	An action aimed at evading an opponent.
movement	A campaign undertaken by a political social or artistic movement. <i>The movement of cargo onto the vessel.</i>
operations	Data processing in which the result is completely specified by a rule (especially the processing that results from a single instruction).
piece of homework	An instance of some kind.
piece of school work	A portable gun.
piece of work	Game equipment consisting of an object used in playing certain board games.
practice	Repeated exercise in or performance of an activity or skill so as to acquire or maintain proficiency in it. <i>It is not the local practice to wear shorts to dinner.</i>
practice session	Knowledge of how something is usually done.
problem	A question raised for consideration or solution. <i>Our homework consisted of ten problems to solve.</i>
recitation	The repetition of a list of facts. <i>The program included songs and recitations of well loved poems.</i>
task	A piece of work to be done or undertaken. <i>The endless task of classifying the samples.</i>
usage	The act of using. <i>The usage of equipment.</i>
use	A purpose for or way in which something can be used. <i>Modern trains are now in use.</i>
utilisation	The act of using.

utilization	The state of having been made use of. <i>Efficient storage utilization.</i>
work	A place where work is done. <i>Her work hangs in all the main American collections.</i>
workout	The activity of exerting your muscles in various ways to keep fit. <i>John does daily workouts in the gym.</i>



Usage Examples of "Exercise" as a noun

- *Loosening-up exercises.*
- *An exercise in futility.*
- *Academic exercises.*
- *An exercise in cheap talk.*
- *Exercise improves your heart and lung power.*
- *Bar Mitzvah exercises.*
- *An exercise in public relations.*
- *The doctor recommended regular exercise.*

- *There are exercises at the end of each book to check comprehension.*
- *The exercise of authority.*
- *Training exercises with the Kuwaiti army.*



Exercise as a Verb

Definitions of "Exercise" as a verb

According to the [Oxford Dictionary of English](#), "exercise" as a verb can have the following definitions:

- *Carry out or practice; as of jobs and professions.*
- *Occupy the thoughts of; worry or perplex.*
- *Do physical exercise.*
- *Engage in physical activity to sustain or improve health and fitness.*
- *Learn by repetition.*

- Give a workout to.
- Cause (an animal) to take exercise.
- Put to use.
- Use or apply (a faculty, right, or process).
- Exert (part of the body) to promote or improve muscular strength.



Synonyms of "Exercise" as a verb (35 Words)

agitate

Cause to be agitated excited or roused.

*The thought of questioning Toby **agitated** him extremely.*

avail oneself of

Take or use.

bother

Cause annoyance in; disturb, especially by minor irritations.

*Don't **bother** about me I'll find my own way home.*

burden

Cause (someone) worry, hardship, or distress.

*They were not yet **burdened** with adult responsibility.*

concern

Be relevant or important to; affect or involve.

*The roof of the barn **concerns** me because eventually it will fall in.*

distress	Bring into difficulties or distress especially financial hardship. <i>I didn't mean to distress you.</i>
disturb	Interfere with the normal arrangement or functioning of. <i>Don't disturb the patient's wounds by moving him too rapidly.</i>
do	Get something done. <i>What makes her do this way.</i>
do exercises	Arrange attractively.
drill	Make a hole in or through something by using a drill. <i>He drilled a right foot volley into the back of the net.</i>
employ	Put into service make work or employ for a particular purpose or for its inherent or natural purpose. <i>How many people has she employed.</i>
engage in physical activity	Carry out or participate in an activity; be involved in.
exert	Apply or bring to bear (a force, influence, or quality). <i>Exert oneself.</i>
gnaw at	Become ground down or deteriorate.
keep fit	Stick to correctly or closely.
lie heavy on	Be located or situated somewhere; occupy a certain position.
make anxious	Make by shaping or bringing together constituents.
make uneasy	Give certain properties to something.
make use of	Undergo fabrication or creation.
occupy someone's thoughts	Keep busy with.
perplex	Make (someone) feel completely baffled. <i>She was perplexed by her husband's moodiness.</i>
perturb	Cause a celestial body to deviate from a theoretically regular orbital motion, especially as a result of interposed or extraordinary gravitational pull. <i>She was rather perturbed by the news that her father was seriously ill.</i>
practice	Carry out or practice as of jobs and professions. <i>Practice non violent resistance.</i>
practise	Carry out or perform (a particular activity, method, or custom) habitually or regularly. <i>I need to practise my French.</i>

preoccupy	(of a matter or subject) dominate or engross the mind of (someone) to the exclusion of other thoughts. <i>His mother was preoccupied with paying the bills.</i>
prey on someone's mind	Prey on or hunt for.
put to use	Cause (someone) to undergo something.
<u>puzzle</u>	Think hard about something because one cannot understand it. <i>We puzzled over her sudden departure.</i>
<u>train</u>	Undergo training or instruction in preparation for a particular role function or profession. <i>She is training for the Olympics.</i>
trouble	Take the trouble to do something concern oneself. <i>It did not trouble me that he had secrets.</i>
use	Habitually do something or be in a certain state or place use only in the past tense. <i>He doesn't know how to use a computer.</i>
<u>utilize</u>	Make practical and effective use of. <i>Vitamin C helps your body utilize the iron present in your diet.</i>
work	Exert oneself by doing mental or physical work for a purpose or out of necessity. <i>Is your husband working again.</i>
work out	Make something, usually for a specific function.
<u>worry</u>	(of a dog) chase and attack (livestock, especially sheep). <i>I worry about the second Germanic consonant shift.</i>



Usage Examples of "Exercise" as a verb

- *This puzzle will exercise your mind.*
- *She exercised her dogs before breakfast.*
- *Raise your knee to exercise the upper leg muscles.*
- *Anyone receiving a suspect package should exercise extreme caution.*
- *She still exercised every day.*
- *Control is exercised by the Board.*
- *Some parents exercise their infants.*
- *Macdougall was greatly exercised about the exchange rate.*



Associations of "Exercise" (30 Words)

amble	Walk leisurely. <i>They ambled along the riverbank.</i>
calisthenics	Light exercises designed to promote general fitness. <i>Several different calisthenics were illustrated in the video.</i>
canter	Ride at a canter. <i>They cantered down into the village.</i>
coach	Teach and supervise someone act as a trainer or coach to as in sports. <i>Many employees are now flying coach instead of business class to Europe.</i>
cycling	The sport of traveling on a bicycle or motorcycle.
<u>exercising</u>	The activity of exerting your muscles in various ways to keep fit. <i>He did some exercising.</i>
fencing	The art or sport of fighting with swords (especially the use of foils or epees or sabres to score points under a set of rules). <i>Chestnut is still in demand for fencing.</i>

fitness	<p>Fitness to traverse the seas. <i>Disease and lack of fitness are closely related.</i></p>
gymnastics	<p>Exercises developing or displaying physical agility and coordination The modern sport of gymnastics typically involves exercises on bars beam floor and vaulting horse. <i>These vocal gymnastics make the music unforgettable.</i></p>
<u>hiking</u>	<p>The activity of going for long walks, especially across country. <i>She enjoys hiking and climbing in her spare time.</i></p>
jog	<p>A spell of jogging. <i>There was a jog in the road.</i></p>
jogger	<p>A person who jogs as a form of physical exercise. <i>There are joggers on every road.</i></p>
jogging	<p>Denoting a garment designed to be worn while jogging. <i>Some gentle jogging for a few weeks before the event should prevent any aching or stiffness.</i></p>
jumping	<p>The act of jumping propelling yourself off the ground. <i>The jumping was unexpected.</i></p>
kinematics	<p>The branch of mechanics concerned with motion without reference to force or mass.</p>
<u>kinetic</u>	<p>(of a work of art) depending on movement for its effect. <i>The complex civilization of which Rome was the kinetic center.</i></p>
locomotion	<p>Self-propelled movement. <i>The muscles that are concerned with locomotion.</i></p>
lope	<p>A long bounding stride. <i>They set off at a fast lope.</i></p>
marathon	<p>A battle in 490 BC in which the Athenians and their allies defeated the Persians. <i>I was due to run the marathon the next day.</i></p>
run	<p>A running pace. <i>Buses run into town every half hour.</i></p>
runner	<p>A plant that spreads by means of runners. <i>He sent a runner over with the contract.</i></p>
running	<p>The act of participating in an athletic competition involving running on a track. <i>A running joke among us.</i></p>
<u>shoes</u>	<p>A particular situation.</p>

<u>stroll</u>	Walk leisurely and with no apparent aim. <i>We took a stroll in the garden.</i>
stroller	A young urban vagrant; a street child. <i>A little stroller taps on the window and cups his hands in a begging gesture.</i>
tennis	A game in which two or four players strike a ball with rackets over a net stretched across a court The usual form originally called lawn tennis is played with a felt covered hollow rubber ball on a grass clay or artificial surface.
trainer	A soft sports shoe suitable for casual wear. <i>A decent pair of trainers.</i>
walker	A frame used by disabled or infirm people for support while walking, typically made of metal tubing with small wheels or rubber-tipped feet; a walking frame. <i>He was a keen walker.</i>
walking	Close enough to be walked to. <i>Walking distance.</i>
wholesomeness	The quality of being beneficial and generally good for you.

