

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

Table Of Contents:

- [Exercise as a Noun](#)
- [Definitions of "Exercise" as a noun](#)
- [Synonyms of "Exercise" as a noun \(24 Words\)](#)
- [Usage Examples of "Exercise" as a noun](#)
- [Exercise as a Verb](#)
- [Definitions of "Exercise" as a verb](#)
- [Synonyms of "Exercise" as a verb \(35 Words\)](#)
- [Usage Examples of "Exercise" as a verb](#)
- [Associations of "Exercise" \(30 Words\)](#)

**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**

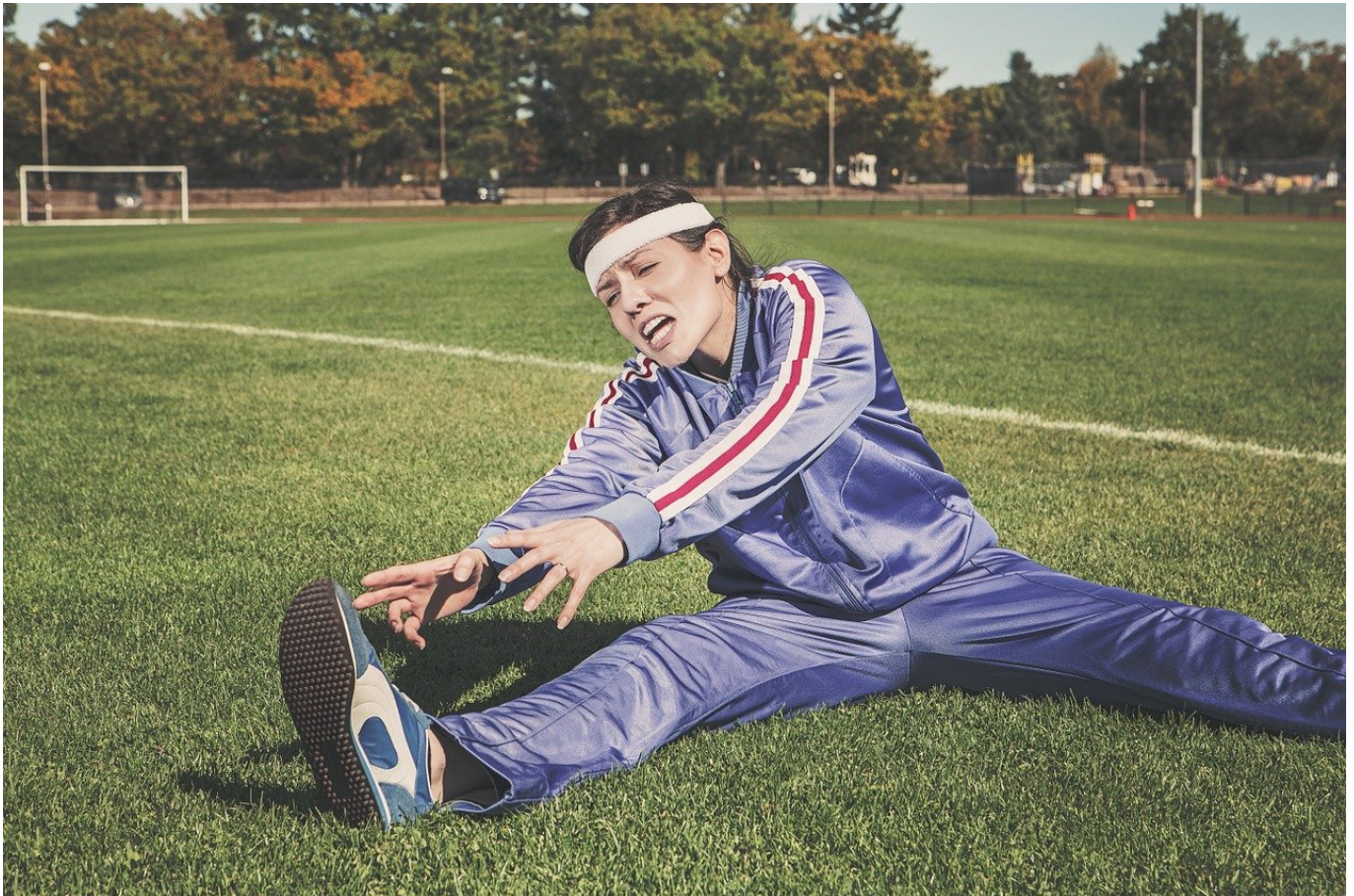
An act of making a legal transfer of a right or liability.  
*A homework **assignment**.*

### **drill**

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

<b>effort</b>	A vigorous or determined attempt. <i>In an <b>effort</b> to reduce inflation the government increased interest rates.</i>
<b>employment</b>	The act of using. <i>A fall in the numbers in full time <b>employment</b>.</i>
<b>example</b>	A task performed or problem solved in order to develop skill or understanding. <i>But there is always the famous <b>example</b> of the Smiths.</i>
<a href="#"><b>exercising</b></a>	The activity of exerting your muscles in various ways to keep fit. <i>He did some <b>exercising</b>.</i>
<b>exertion</b>	Physical or mental effort. <i>The <b>exertion</b> of authority.</i>
<b>manoeuvres</b>	An action aimed at evading an opponent.
<b>movement</b>	A campaign undertaken by a political social or artistic movement. <i>The <b>movement</b> of cargo onto the vessel.</i>
<b>operations</b>	Data processing in which the result is completely specified by a rule (especially the processing that results from a single instruction.)
<b>piece of homework</b>	An instance of some kind.
<b>piece of school work</b>	A portable gun.
<b>piece of work</b>	Game equipment consisting of an object used in playing certain board games.
<b>practice</b>	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 <b>practice</b> to wear shorts to dinner.</i>
<b>practice session</b>	Knowledge of how something is usually done.
<b>problem</b>	A question raised for consideration or solution. <i>Our homework consisted of ten <b>problems</b> to solve.</i>
<b>recitation</b>	The repetition of a list of facts. <i>The program included songs and <b>recitations</b> of well loved poems.</i>
<b>task</b>	A piece of work to be done or undertaken. <i>The endless <b>task</b> of classifying the samples.</i>
<b>usage</b>	The act of using. <i>The <b>usage</b> of equipment.</i>
<b>use</b>	A purpose for or way in which something can be used. <i>Modern trains are now in <b>use</b>.</i>
<b>utilisation</b>	The act of using.

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

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

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

<b>amble</b>	Walk leisurely. <i>They <b>ambled</b> along the riverbank.</i>
<b>calisthenics</b>	Light exercises designed to promote general fitness. <i>Several different <b>calisthenics</b> were illustrated in the video.</i>
<b>canter</b>	Ride at a canter. <i>They <b>cantered</b> down into the village.</i>
<b>coach</b>	Teach and supervise someone act as a trainer or coach to as in sports. <i>Many employees are now flying <b>coach</b> instead of business class to Europe.</i>
<b>cycling</b>	The sport of traveling on a bicycle or motorcycle.
<b><u>exercising</u></b>	The activity of exerting your muscles in various ways to keep fit. <i>He did some <b>exercising</b>.</i>
<b>fencing</b>	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 <b>fencing</b>.</i>

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

<b>stroll</b>	Walk leisurely and with no apparent aim. <i>We took a <b>stroll</b> in the garden.</i>
<b>stroller</b>	A young urban vagrant; a street child. <i>A little <b>stroller</b> taps on the window and cups his hands in a begging gesture.</i>
<b>tennis</b>	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.
<b>trainer</b>	A soft sports shoe suitable for casual wear. <i>A decent pair of <b>trainers</b>.</i>
<b>walker</b>	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 <b>walker</b>.</i>
<b>walking</b>	Close enough to be walked to. <i><b>Walking</b> distance.</i>
<b>wholesomeness</b>	The quality of being beneficial and generally good for you.

