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Li: Finn.

Finn: What are you doing Li?

Li: I'm in the gym Finn. I want to look like this.

Finn: Really?

Li: I want to be stronger than him.

Finn: Li you can do it, just keep on working out.

Li: Working out 搞清什么东西?

Finn: Working out 意思是锻炼身体。

Li: 对呀，锻炼身体，working out, great phrase.

Finn: This is how you use it. I like working out. I feel amazing.

Li: Wow, you look good. Have you been working out?

Finn: I haven't worked out in months. I feel very fat.

Li: I work out three times a day. I need a break. You do some.

Finn: I am not really into pumping iron.

Li: Pumping iron 吹铁，你什么时候到钢铁厂去了?

Finn: Pumping iron is another phrase for lifting weights 举重。

Li: Pumping iron 就是举重的意思，是一种口语表达。

Finn: Oh I've been pumping iron for thirty minutes. I'm exhausted.

Li: Now let's pump some iron.

Fin: Pumping iron is not the only way to work out. Try jogging.

Li: If I keep pumping iron I might look like her.

Finn: Good luck with all that fitness Li. I'm just going to have a pizza, have a beer and watch some TV.

(Three weeks later)

Li: Finn, 你还是放弃你的垃圾食品吧, 你要想找到女朋友, 你就得像我这样苦练才行, pump iron, 举重, work out 锻炼, because people who pump iron are cool.