the toughest question 最难的题

aim for sth 以...为目标

I have no idea 我不知道

be seen as ... 被看做...

well-built 身强力壮的、体格健美的

work out at the gym 在健身房健身

on a regular basis=regularly 定期

a large number of ... 很多...

too lazy to ... 太懒了，所以不...

it seems to me that ... 看起来好像...

a path 一条道路

lead to ... 通往...

to sum up 总结一下

strive for sth 努力争取...

make sense 有道理、讲得通