

VERBS DENOTING MOVEMENT

to stretch

to extend

to flex/to bend/to curl

to stand (up)

to lie, lay, lain (down)
(down)

to lay, laid, laid

to lift/to raise

to lower

to twist/to spin/to revolve/to circle/to rotate/to turn

to push

to pull

to shift

to arch

to jump/to leap

to hop

to squat

to straddle

to sit (down)

to walk

to jog

to run

to dash/to sprint

to vault

to tense

to relax

to support

to swing