
BBC LEARNING ENGLISH

The English We Speak

Flexing

The logo for BBC Learning English, featuring the letters 'BBC' in a white box above the words 'LEARNING ENGLISH' in white text on a teal background.

This is not a word-for-word transcript

Feifei

Hello and welcome to The English We Speak with me, Feifei...

Roy

...and me, Roy.

Feifei

We may sound a little different – that’s because we are not able to record in our normal studios during the coronavirus outbreak. Roy! I saw the photo you sent to the text group this morning! I didn’t know you had a fancy sports car, a mansion and a swimming pool. Roy, you need to stop flexing?!

Roy

What do you mean ‘flexing’? I’m not exercising my muscles at all, right now!

Feifei

Not flexing your muscles, Roy. You’re showing off! This is our word for this programme – ‘flexing’ – which means to show off!

Roy

I’m not showing off. I just want everyone to be aware of my amazing lifestyle! I’m thinking about getting some dolphins to go in my pool.

Feifei

Roy! Now you’re just inventing things! I don’t think you have a mansion, a swimming pool or a fancy sports car. Not only do I think you’re flexing, but you’re totally exaggerating just to impress people!

Roy

Are you impressed?

Feifei

No, not at all. Anyway, let’s listen to these examples...

Examples

He's always flexing on social media, - showing these glamorous pictures of his holidays!

People who flex are so annoying! It's just showing off.

She can't stop flexing about her new house, but it's actually not that nice.

Feifei

This is The English We Speak from BBC Learning English and we're talking about the word 'flexing', which means showing-off. When you're showing off about something strange, or tacky, some people say 'weird flex, but OK'.

Roy

Well, I'm sorry if you think I was showing off. I just want people to think I'm cool! That's all.

Feifei

You don't need to flex for people to like you! Everyone already does think you're cool! It's because you're an amazing person like me. But, talking about amazing things: have you seen my new phone?

Roy

Weird flex, but OK.

Feifei

What? I didn't flex! Plus, why is it weird?

Roy

Well, it's not a cool phone – I've never even heard of the brand, and the colours look like someone vomited rainbows.

Feifei

Well, I like it. Wait, what are those car keys on your desk? Do you really have a sportscar?

Roy

Of course, I do – and a mansion and a pool – The only reason I shared that photo was because I wanted to invite people to my house party!

Feifei

Really? Can I come to the party?

Roy

Sure, as long as you don't flex about that horrible phone.

Feifei

OK, I won't talk about my amazing phone. Bye, Roy.

Roy

Bye.