

**Daily Life - Working Out** (C0345)

A: Do you want to go catch a movie tonight?

B: I can't, I have to go to the gym.

A: Come on! You can go tomorrow, just skip it today. It's not as if you are gonna get in trouble!

B: Actually I will! I am working out with a personal trainer that gets on my case if I don't go. I like it, because it makes me feel more obligated to go and get healthy.

A: That's cool, does your personal trainer basically teach you how to work out?

B: Yeah. He makes a workout plan depending on the areas I want to work on, or the muscles I want to build. Like for example in order to get better muscle tone in my abs, pecs and biceps, he makes me work out with free weights. Then for my quads, calves and hamstrings, I do leg lifts or squats.

A: Sounds like you are really getting in shape!

**Key Vocabulary**

gym	<i>N</i>	a place where you go to exercise
personal trainer	<i>A</i>	professional who educates people about physical fitness.
case	<i>N</i>	argument
obligate	<i>V</i>	do something because you feel it is the right thing to do
to work out	<i>V</i>	to find a solution or create a plan by thinking
muscle	<i>N</i>	tissue composed of fibers capable of contracting to effect bodily movement
muscle tone	<i>N</i>	strength or firmness of muscles and skin
abdominals	<i>N</i>	muscles of the front area of the stomach
pectoral	<i>N</i>	the chest or breast area

bicep	<i>N</i>	a large muscle at the front of the upper arm
hamstring	<i>N</i>	Any of the tendons at the rear of the human knee
squat	<i>N</i>	A lift or a weightlifting exercise in which one squats and stands while holding a weighted barbell supported by the back of the shoulders

### Supplementary Vocabulary

steroids	<i>N</i>	compounds that help to grow muscles at a fast rate and help in recovery.
deadlift	<i>N</i>	A lift in which one pulls a bar from the ground to the waist.
bodybuilder	<i>N</i>	a person who practices bodybuilding.

locker  
room

*N*

oom containing lockers, as in a gymnasium, factory, or school, for changing clothes and for the storage and safe-keeping of personal belongings.