

헬스하기

1) In detail, discuss what your gym or health club is like. Where is the facility located? What does it look like? What types of things does the club have to offer its patrons? - 당신이 가는 체육관이나 헬스 클럽은 어떻게 생김? 위치는? 거기서 고객들에게 어떤 것들을 제공함?

I... actually have a gym that I go but due to the covid 19 situation, I am not really going there these days. you know it is also a public place so, of course, there is high danger of getting covid 19. Anyway, since it is a facility for workout, there are lot of equipment for exercise just like other gyms. and.... it is located in my company's dormitory complex. so it is very convenient for me to go there. when exercising water is really important, I guess everybody knows it already, so the gym that I go to / usually offers their clients a- bottle of water / every visit and I like it.

2) Discuss your usual routine when you go to the gym or health club. What do you typically do when you go there, and when do you go, how do you prepare before and once you get there? - 네가 체육관이나 헬스장에서의 루틴을 말해보아라. 거기서 주로 무엇을 하느냐? 언제 가고, 그곳 가기 전과 그곳 도착 해서 각각 어떤 준비를 하나?

I guess everybody who loves to work out has their own routines. Of course I also have one. When I first get to the gym I have some warm-up exercise. you know it is really important so I nearly take 5 minutes just for this. Then I take the dumbbells and exercise to gain muscle strength. It normally takes 10 minutes and... I go for my bench press. It is the toughest(터페스트) exercise. and.... I go to have some pull up. and then I go for some other exercises and at last, I go running. My purpose in working out is to lose weight and this routine is the best routine to achieve my goal.

3. What sparked your interest in working out and going to health clubs? Reflect upon and discuss in detail your first experience when attending a health club. - 운동과 헬스장 가는 것에 대해 관심을 갖게 된 계기는? 처음 갔던 기억을 떠올리고 설명해라

You know / kids do not have S any interest in working out / but D I started to be interested/ when I U was in the base. Unfortunately, all Korean men / should undergo a year or two of military training. When I U was at the base D my friends S asked me to go there / so I just followed them / but I found out that / this is quite fun! After that, I went there quite regularly. This military obligation gave me nothing / but the interest in exercise and some driving skills because I was meant to drive vehicles when I was in the base. 4

4. Please describe to me an experience you had when you went to a health club or to a gym that you remember quite well. This might be a very recent or exciting experience, or perhaps it was when something surprising or interesting happened Explain the whole experience to me from start to finish. - 헬스장 다닐 때 일어난 에피소드.

One thing just came into my mind U, I was not directly involved / but / I was there. This is the story of my close friend. He was using equipment / and he was having some rest / but another man walked in / and asked my friend D / whether / if U he could use the equipment / but my **friend said** / he would use it / so the man had no choice / but to wait. But my friend just stood up and stayed for almost 5 minutes / and the man got mad. The man asked my friend to have some talk. I thought / they were talking / but they were arguing / so the

manager came / and **asked them not to argue in the gym**. This seems like a serious problem / but I was having fun.