#### 2 KEEPING FIT

**b Equipment**

**9** an exercise bike

**6** a running machine

**5** weights

**10** a rowing machine

**4** a cross-trainer

**12** a yoga mat

**Exercises**

**11** do sit-ups

**3** do press-ups

**8** do stretches

**7** do aerobics

**2** do spinning

**1** do Pilates or yoga

**Activation: possible answers**

**If you want to lose weight:** use an exercise bike / rowing machine / cross-trainer, do aerobics, do spinning, etc.

**If you want to tone your muscles:** do / lift weights, do sit-ups, do press-ups, etc.

**If you want to do cardio exercises:** go on a running machine, do aerobics, do spinning, etc.

**If you have a bad back:** do stretches, do Pilates or yoga

**If you want to improve your flexibility:** do stretches, do Pilates or yoga

#### 3 BEAUTY TREATMENTS

**b 5** manicure

**4** pedicure

**6** facial

**1** massage