



# Working Out

Conversation > Intermediate 5



## Exercise 1 – Vocabulary

<b>workout</b>	A series of exercises that you do to keep fit.
[noun]	<i>Ex: He helped her with her <b>workout</b>.</i>

<b>sustain</b>	To cause something to continue over a long period of time.
[verb]	<i>Ex: You need to <b>sustain</b> efforts to achieve the goal.</i>

<b>sit-up</b>	An exercise for stomach muscles in which you lie on your back on the floor and then rise to a sitting position.
[noun]	<i>Ex: He does fifty <b>sit-ups</b> per day.</i>

<b>push-up</b>	An exercise in which you lie on the floor on your chest and raise your body off the ground with your arms.
[noun]	<i>Ex: Five more <b>push-ups</b> to go. Keep it up!</i>

<b>later on</b>	At a future point of time.
[phrase]	<i>Ex: I'll have more time to talk <b>later on</b> in the day.</i>



<b>muscle</b>	A tissue that is used to move part of the body.
[noun]	<i>Ex: He has very strong <b>muscles</b>.</i>

<b>overweight</b>	Weighing more than is considered normal or healthy.
[adjective]	<i>Ex: Two thirds of the American population is <b>overweight</b>.</i>

<b>motivation</b>	A reason for doing something; a feeling of wanting to do or achieve something.
[noun]	<i>Ex: The students in this class show little <b>motivation</b> to learn.</i>

<b>way to go</b>	Used to tell someone that you are pleased or impressed by something they have done.
[phrase]	<i>Ex: Good job, Bryan! You achieved a great score this month, <b>way to go</b>!</i>

<b>ready</b>	In a suitable state for an action or situation; fully prepared.
[adjective]	<i>Ex: Are you <b>ready</b>, David?</i>



## Exercise 2 – Dialogue

*Choose one character and read the dialogue aloud with your tutor.*

Instructor: Lisa, are you ready for today's workout?

Lisa: Yes, I am, but I am afraid I might not be able to sustain my energy this time.

Instructor: Don't be afraid. I am here to guide you.

Lisa: Okay, what are we going to do first?

Instructor: First, I'll teach you how to do sit-ups, and then later on, we will do push-ups.

Lisa: I'm here to lose weight, not to gain muscle. Do I really need to do sit-ups and push-ups?



Instructor: Good question. Gaining muscle is key to making your diet successful.

Lisa: Oh, really?

Instructor: Yes, having more muscle helps your body consume more energy.

Lisa: Cool! Now I'm encouraged! I really want to say goodbye to my overweight body.

Instructor: Good motivation. Way to go, Lisa! Let's start the training then. Are you ready?

Lisa: I'm ready when you are!



## Exercise 3 – Fill in the Blanks

*Choose the correct answers from the answer pool below and fill in the blanks.*

### Answer Pool

ready  
Way to go  
motivation  
overweight  
later on  
push-ups  
sit-ups  
muscles  
workout  
sustaining

1. She always gives me \_\_\_\_\_ to work harder.
2. Many bodybuilders like to show off their \_\_\_\_\_.
3. Is he \_\_\_\_\_? We need to go soon.
4. \_\_\_\_\_! You're doing a great job!
5. The company had trouble \_\_\_\_\_ its business.
6. I need to exercise, I am \_\_\_\_\_.
7. I'll call you \_\_\_\_\_. I can't do it right now.
8. I like doing \_\_\_\_\_. My chest is so strong!
9. Do you like \_\_\_\_\_? I don't like them.
10. I'll just go to the gym. I need to do a \_\_\_\_\_.



## Exercise 4 – Role Play

*Take turns with your tutor and act out the scene described below.*

**Scene:** You are a fitness instructor and your friend Mike has come to the gym to lose some weight, give him advice on how to do so. The teacher can be Mike.



## Exercise 5 – Discussion

*Discuss the following questions with your tutor.*

1. Do you think that you lead a healthy lifestyle? Why? Why not?
2. Is there anything you would like to change in order to become healthier?
3. Are you doing any exercises to sustain your health? If so, what is your workout routine?
4. Is there anything you avoid in order to stay healthy?
5. Do you want to gain muscle and become stronger? Why? Why not?