

Working Out At Home

Discussion

I drank some alcohol with my brother.

Alcohol made me relaxed.

That's why when having a business dinner, or a meeting, people drink a little bit. Because if they are relaxed, they can communicate and negotiate better.

Yesterday I went to see a dermatologist, and I hear that one lady said that Wuhan is being locked-down again.

They went to a hotel.

If they are flying at 8:30 PM, their flight starts in 12:25 minutes.

After our class, I will do something.

Have you tried working out at home?

Recently I do exercises at home, I started last week.

I am not sure how long I will stay at home.

I follow a video on TikTok every evening from 7:30 to 9:30.

You exercises two hours every day?

This lesson is divided in three parts.

If it's not challenging, is it effective?

You can go to the gym, and not challenge yourself as well.

What is the difference?

Grammar

Future Simple

Subject + will + verb(main) I am not sure how long I will stay at home.

I will eat an ice cream.

She will visit her mother.

Vocabulary

New Words

1. confined(adj.)
2. injure(verb)
3. cost-effective(adj.)
4. supervision(noun)
5. replicate(verb)
6. drive(verb)
7. marathon(noun)

8. boot camp(noun)

Useful Words

1. grueling(adj.):tiring, exhausting, challenging.

Pronunciation

Words

1. supervision /su-per-vi-zhn/
2. grueling /gru-ling/