

Fit-Langue 🧘

BOOSTE TON ANGLAIS !

PROGRAMME DE REMISE EN FORME LINGUISTIQUE

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Bienvenu(e) dans ton programme de remise en forme d'anglais

Fit-Langue 🧘 (version 2015)

Tu as envie de faire des progrès en anglais mais tu n'as pas de quoi te payer des cours particuliers ? Tu as 20 mn avant ton émission préférée alors « tant qu'à-f ! » ? Tu détestes l'anglais mais ton école te demande d'avoir un bon niveau pour obtenir ton diplôme alors tu es prêt à tout ? Tu es curieux de savoir ce que c'est que ce truc bizarre ?

Alors, tu es au bon endroit !

Voici, **Fit-Langue 🧘**, ton programme de remise en forme d'anglais complètement GRATUIT, SANS ADDITIFS et 100% EFFICACE.

Tout ce qu'il te faut, c'est : un ordinateur, internet, des écouteurs et un peu de tonus !

Alors, vas-y, et lance-toi dans ce super programme de 21 jours, en trois parties, que je te conseille de faire tous les jours pendant 20mn :





- *Strengthen your back !* Renforce tes connaissances de base en grammaire et vocabulaire. Renforce ton niveau B2.
- *Tone your muscles !* Tonifie ta compréhension écrite ou orale sur supports écrits ou audio-visuels. Muscle ton B2.
- *Breathe !* Apprends en t'amusant, en écoutant, en regardant et en te cultivant.

Bon entraînement !!

Ton coach Fit-Langue 🧘

Mention légale:

Fit-Langue 🧘 ne pourra pas être tenu pour responsable en cas de crampes dues à une activité prolongée. Consultez un spécialiste si les symptômes persistent.

	<p>Strengthen your back !</p> 	<p>Tone your muscles !</p> 	<p>Breathe !</p> 	<p>How long did you work out?</p> 
Day 1	http://www.cambridgeenglish.org/fr/test-your-english/adult-learners/ (test your level)	http://www.examenglish.com/TOEIC/TOEIC_listening_part1.htm result : http://college.cengage.com/devenglish/resources/reading_ace/assets/students/ace_to_fae/popup.html?layer=act&src=workflow18.xml	http://pagesperso-orange.fr/michel.barbot/hotpot/mlk/dream1.htm	
Day 2	http://www.examenglish.com/TOEIC/TOEIC_reading.htm	http://www.esl-lab.com/cellphone/cellphonerd1.htm (+ vocabulary activities)	http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-15090.php	
Day 3	http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-36241.php http://www.chompchomp.com/irregular01/irregular01.htm (review irregular verbs)	https://www.englishclub.com/listening/dictations-m-small-talk.htm (dictation on small talk)	http://www.languageguide.org/english/readings/br/yap/fr/	
Day 4	http://www.englishclub.com/grammar/verbs-m-for-since_quiz.htm http://www.english-zone.com/grammar/sincefor.html (since/for) http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-4526.php	http://breakingnewsenglish.com/1004/100414-luxury_goods.html (+ fill the gaps activities)	https://english.yabla.com/flashcards.php (flashcards click on 'review these words')	
Day 5	http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-38348.php http://www.yindii.com/ref/grammar/quantifiers.htm http://www.englishpractice.com/quiz/quiz/ (few/little)	http://www.esl-lab.com/game-boy/game-boy-rd1.htm (+ vocabulary activities)	http://www.manythings.org/b/e/4794 (listen, watch & learn) http://www.learnenglish.de/games/matchit/matchitmoney.html (money vocabulary)	
Day 6	http://college.cengage.com/devenglish/resources/reading_ace/assets/students/ace_to_fae/popup.html?layer=act&src=workflow2.xml http://www.anglaisfacile.com/exercices/exercice-anglais-1/exercice-anglais-385.php http://www.chompchomp.com/hotpotatoes/wordchoice01.htm (there, their, they're)	http://www.elllo.org/english/1001/1027-Shirley-UK.htm (listen then listen again and read transcript)	http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-59247.php (crossword puzzle)	
Day 7	http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-9742.php http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-9780.php http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-9781.php	http://www.esl-lab.com/universitydegree/universitydegree1.htm (+ vocabulary activities)	http://www.manythings.org/cs/verb_s6.html	

Day 8	http://www.anglaisfacile.com/exercices/exercice-anglais-1/exercice-anglais-383.php http://a4esl.org/q/j/tp/mc-placement.html	http://www.examenglish.com/TOEIC/TOEIC_listening_part2.htm	http://ppbm.langedizioni.com/varie/cyberbiblioteca/cyber.php?file=swami http://www.manythings.org/b/e/4785 (listen, then listen again and read the script)	
Day 9	http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-5911.php http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-5650.php http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-7652.php	https://www.englishclub.com/listening/dictations-l-lecture-1.htm (dictation)	http://www.anglaisfacile.com/exercices/exercice-anglais-1/exercice-anglais-567.php (on Thanksgiving)	
Day 10	http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-21232.php http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-1377.php http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-3813.php	http://www.ello.org/english/Mixers/T102-Dreamhouse.htm	http://www.ted.com/talks/lang/eng/matt_ridley_when_ideas_have_sex.html (16 mn film – fun to watch ! Put in English subtitles)	
Day 11	http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-9783.php http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-65213.php http://chompchomp.com/hotpotatoes/wordchoice03.htm (lose & loose)	http://www.ello.org/english/1001/1021-Cheryl-Danger.htm (listen, then listen again and read the script)	http://gamestolearnenglish.com/it/ms http://gamestolearnenglish.com/countries	
Day 12	http://www.anglaisfacile.com/exercices/exercice-anglais-1/exercice-anglais-36.php http://www.nonstopenglish.com/exercice.asp?exid=902	http://www.esl-lab.com/trouble/troublerd1.htm (+ vocabulary activities)	http://www.bbc.co.uk/worldservice/learningenglish/business/getthatjob/unit2cvs/page3.shtml (the resume) https://www.youtube.com/watch?v=-v1OLMjG52I (parody of job interview by Monty Pythons)	
Day 13	http://www.anglaisfacile.com/exercices/exercice-anglais-1/exercice-anglais-37.php http://a4esl.org/q/j/tp/mc-particle.html http://chompchomp.com/irregular05/irregular05.htm (irregular verbs)	http://www.examenglish.com/TOEIC/TOEIC_listening_part1.htm	http://www.manythings.org/slang/slang13.html	
Day 14	http://www.anglaisfacile.com/exercices/exercice-anglais-1/exercice-anglais-35.php http://www.englisch-hilfen.de/en/exercises/reported_speech/questions.htm http://www.englisch-hilfen.de/en/exercises/reported_speech/questions2.htm	http://www.examenglish.com/TOEIC/TOEIC_listening_part2.htm	http://www.dailymotion.com/group/60977 (Erin Brockovich being interviewed...)	

Day 15	http://www.anglaisfacile.com/exercices/exercice-anglais-1/exercice-anglais-34.php http://a4esl.org/q/j/dt/mc-vancouver.html	http://esl.about.com/od/businesslistenin/g/a/d_bizlist.htm (choose any dictation : listen & type – then check answers)	http://www.manythings.org/voa/stories/The_Legend_of_Sleepy_Hollow_By_Washington_Irving.html (listen, then listen again and read the script)	
Day 16	http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-6037.php http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-4594.php	http://www.esl-lab.com/insurance/insurancerd1.htm (+ vocabulary activities)	http://dotsub.com/view/bfe96112-5af3-40e9-bedd-e80e2137f5a6 (on microcredit – put English subtitles)	
Day 17	http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-35711.php http://chompchomp.com/hotpotatoes/sva01.htm (subject/verb agreement)	http://literacynet.org/cnnsf/quakescience/choice.html (multiple choice questions) http://literacynet.org/cnnsf/quakescience/selection.html (word selection) http://literacynet.org/cnnsf/quakescience/vocabulary.html (vocabulary)	http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-9052.php (reconstitute this traditional Irish song)	
Day 18	http://www.english-test.net/toeic/vocabulary/words/020/toeic-test.php http://www.english-test.net/toeic/vocabulary/words/015/toeic-test.php http://www.english-test.net/toeic/vocabulary/meanings/010/toeic-test.php	http://www.ello.org/english/1001/1015-MixPop.htm (listen, then listen again and read the script)	http://www.manythings.org/mq/m6-9999.html	
Day 19	https://www.englishclub.com/speaking/telephone_quiz.htm (telephone vocabulary) http://www.linguarama.com/ps/finance-themed-english/polite-speech.htm (telephoning) http://www.manythings.org/fq/m/2993.html (opposites)	http://www.esl-lab.com/jobhunting/jobhuntingrd1.htm (+ vocabulary activities) https://www.englishclub.com/listening/dictations-l-recorded-message.htm (dictation: recorded message)	http://www.filmsforaction.org/watch/pyramids_of_waste_2010/ (on planned obsolescence)	
Day 20	http://www.usingenglish.com/quizzes/307.html http://www.chompchomp.com/hotpotatoes/procase05.htm	http://literacynet.org/cnnsf/spaceview/vocabulary.html (vocabulary) http://literacynet.org/cnnsf/spaceview/selection.html (word selection) http://literacynet.org/cnnsf/spaceview/choice.html (multiple choice)	http://www.manythings.org/voa/stories/The_Gift_of_the_Magi_By_O_Henry.html (listen, then listen again and read the script)	
Day 21	http://www.usingenglish.com/quizzes/164.html http://www.usingenglish.com/quizzes/420.html (gerund or infinitive?) http://e-anglais.com/exercices/infin_ger3.php	https://www.englishclub.com/listening/dictations-m-directions.htm (dictation: directions)	http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-9093.php (reconstitute this traditional American song)	
More!	Test your level for free: http://dnf3.cnam.fr/test_anglais/ (30mn listening, grammar, reading) http://www.quizbean.com/#/b2-level-english-interactive-test-1/qbpWJmx7 (test niveau B2 écrit) http://www.examenglish.com/leveltest/grammar_level_test.htm (vocabulary & grammar) http://www.examenglish.com/leveltest/listening_level_test.htm (listening test)	http://pagesperso-orange.fr/michel.barbot/hotpot/mov_sounds/gump/gump1.htm http://pagesperso-orange.fr/michel.barbot/hotpot/mov_sounds/dead_poets/dps1.htm http://pagesperso-orange.fr/michel.barbot/hotpot/history/thanksgiving/thanks.htm http://www.learnenglishfeelgood.com/eslvideo/esl_movieclip6.html	https://www.ted.com/ (ideas worth spreading) http://www.bbc.com/news http://www.manythings.org/b/e/ http://english.yabla.com/demo.php (listening games & flashcards) http://www.audioenglish.net/english-learning/efl_practical_english.htm http://www.teachersdomain.org/col	

http://www.learn4good.com/languages/toefl/toefl_stan_test3.htm (testing for TOEFL) And... http://www.chompchomp.com/exercises.htm http://www.usingenglish.com/quizzes/ http://www.nonstopenglish.com/ http://www.better-english.com/grammar.htm http://esl.about.com/library/quiz/blvocab_quiz_miss_word3.htm http://esl.about.com/library/quiz/blvocab_quiz_miss_word2.htm http://e-anglais.com/tests/test_advcd.php http://michel.barbot.pagesperso-orange.fr/hotpot/irrvrbs.htm http://pagesperso-orange.fr/michel.barbot/hotpot/computer/lac1.htm http://www.eslcafe.com/quiz/ http://www.newser.com/section/3/us-news-headlines.html (short news articles) http://www.learnenglishfeelgood.com/esl-english-grammar-exercises.html http://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-35442.php http://www.phrasalverbexercises.com/phrasals_menu.html (all-you-can-eat phrasal verbs) https://hotpot.uvic.ca/ (install free program – huge number of activities)	http://www.learnenglishfeelgood.com/eslvideo/esl_movieclip12.html http://esl.about.com/od/listeningquizzes/English_Listening_Comprehension_Quizzes_for_ESL_EFL.htm http://esl.about.com/od/businesslistening/a/d_bizlist.htm (dictations) http://www.esl-lab.com/ http://www.newscientist.com/ http://college.cengage.com/devenglish/resources/reading_ace/students/ (reading comprehension) http://www.engvid.com/ (grammar tutorials) http://www.literacynet.org/cnnsf/archives.html (listening) http://www.cbsnews.com/	http://www.englishcentral.com/lesson/tdce/colleng.eng.topic.gen/ (films with subtitles) http://www.filmsforaction.org/wallof/films/ (pick a documentary film and watch a section!)
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Need a translation? <http://www.wordreference.com/>