

## Working Out

5

### Intermediate

#### Exercise 1

#### Vocabulary

**workout**

Noun

**'wɜːk.aʊt**

a series of exercises that you do to keep fit

He helped her with her **workout**.

**sustain**

Verb

**sə'steɪn**

to cause something to continue over a long period of time

You need to **sustain** efforts to achieve the goal.

**sit-up**

Noun

## sɪt əp

an exercise for stomach muscles in which you lie on your back on the floor and then rise to a sitting position

He does fifty **sit-ups** per day.

## push-up

Noun

## 'pʊʃ, əp

an exercise in which you lie on the floor on your chest and raise your body off the ground with your arms

Five more **push-ups** to go. Keep it up!

## later on

Phrase

## 'leɪtər ɔn

at a future point of time

I'll have more time to talk **later on** in the day.

## muscle

Noun

**'mʌsəl**

a tissue that is used to move part of the body

He has very strong **muscles**.

**overweight**

Adjective

**ˌoʊvərˈweɪt**

weighing more than is considered normal or healthy

Two thirds of the American population is **overweight**.

**motivation**

Noun

**ˌmoʊtəˈveɪʃən**

a reason for doing something; a feeling of wanting to do or achieve something

The students in this class show little **motivation** to learn.

**way to go**

Phrase

**weɪ tə goʊ**

used to tell someone that you are pleased or impressed by something they have done

Good job, Bryan! You achieved a great score this month, **way to go!**

**I'm ready when you are.**

Phrase

**aɪm 'rediː wen juː ɑːr**

an expression used to say that you are ready to do something right away

We're going to leave now. Okay? // Sure. **I'm ready when you are.**

## **Exercise 2**

### **Dialogue Practice**

Read the dialogue aloud with your teacher.

Hannah is at the gym. Her personal instructor gives her a workout

program.

Hannah, have you prepared for today's exercises?

Gym Instructor

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

Hannah

Don't be afraid. I am here to guide you. First, I'll teach you how to do sit-ups, and then later on, we will do push-ups.

Gym Instructor

Oh, I am here to lose weight, not to gain muscle. Do I really need to do sit-ups and push-ups to make my diet successful?

Hannah

Good question. Gaining muscle is key to making your diet successful. Having more muscle helps your body consume more energy.

Gym Instructor

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

Hannah

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

Gym Instructor

I'm ready when you are!

Hannah

### **Check your understanding:**

- 1.What exercises did the instructor tell Hannah to learn?
- 2.How will the exercises the instructor recommended help Hannah's diet?
- 3.Does Hannah seem to be motivated in doing the workout program?

### **Exercise 4**

#### **Role Play**

Role-play the following situation with your teacher.

#### **Situation**

You are a fitness instructor, and your teacher has come to the gym to lose some weight.

Give him or her advice on how to do so.

### **Exercise 5**

#### **Discussion**

- 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?