**Why do we go to a gym**

No, we’ve not finished your **workout** yet!

I want to **get fit / get in shape** and **lose** a bit of **weight**.

I want to get **a six-pack**. / **shredded / jacked / ripped**

I want to **tone up**.

I want to **bulk up**.

I would like to **slim down**

I would like to get rid of **love handles / spare tire / muffin top**

**I** would like to **burn calories**

Let’s move onto the **treadmill**. Let’s set **the incline** to six and the speed to six miles per hour.

Grab one of those **dumbbells** over there. Let’s start with the 5kg **weights**.

Can you feel the muscles **stretching** in your **calves**?

Let’s do a few **bicep curls**. Like this. One, two, three I want to see 10 **reps** on each arm.

You do 10 **reps** on each arm three times. Three **sets**.

I think it’s time to **cool down** in the pool

I am feeling the **burn** don’t push me any further

**Hold** it for 10 seconds don’t let it go

I am working my **abs**

Do some **military presses** it will help you to **build muscular shoulders**

Do a **lat pool to** strengthen your back

