



## Part 1 – Vocabulary in the Gym

Write the vocabulary in the **green box** under the correct image.

<i>couch potato</i>	<i>heavy dumbbell</i>	<i>treadmill</i>	<i>resistance band</i>
<i>Workout Studio</i>	<i>skipping rope</i>	<i>rower/rowing machine</i>	<i>static bike</i>
<i>medicine ball</i>	<i>light dumbbell</i>	<i>Free Weights Area</i>	<i>kettlebells</i>



1) \_\_\_\_\_



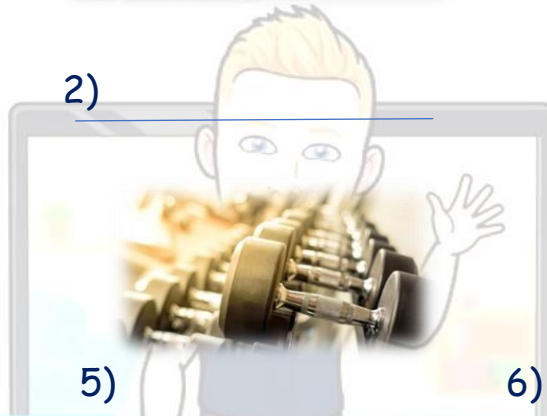
2) \_\_\_\_\_



3) \_\_\_\_\_



4) \_\_\_\_\_



5) \_\_\_\_\_



6) \_\_\_\_\_



7) \_\_\_\_\_



8) \_\_\_\_\_



9) \_\_\_\_\_



10) \_\_\_\_\_



11) \_\_\_\_\_



12) \_\_\_\_\_



## Part 2 – Reading - ‘From Chubby Couch Potato to Fit Gym-Lover’

### Unfit, Unhealthy, Overweight and Chubby

My friends used to say that I was a bit of a ‘**couch potato**’ because I was **unfit**, I didn’t play any sports, I watched too much TV, I had a very **unhealthy diet** and, naturally, I was **overweight**, **out of shape** and, perhaps, a bit **chubby**! During that period, I had very low **motivation** and **energy** to **train** and, eventually, I felt very bored of that life.

One day, my oldest brother, who played football, tennis and basketball, suggested that we go walking in the mountains – I loved it! Another day we went running in the park and, best for me, he brought me to the gym, where we did some very basic training.

### In the Gym

Firstly, he showed me the different areas in the gym, such as: the **Workout Studio**, the **Free-Weights Area** the **Main Gym Floor**, the **Cardio Area** (where all the **treadmills**, **bikes** and **rowers** etc. were) and the **workout machines**. That first day in the gym nearly killed me! But I had the motivation to return again and again because I wanted to **lose weight**, **get fit** and **become lean**.



Eventually, a **personal trainer**, called Steve, showed me how to do the exercises correctly, keeping my back straight etc., and he also helped me with a good diet of **protein**, **carbohydrates** and **vitamins**. Steve played Gaelic football, hurling and soccer. He became a good friend to me and my brother and the three of us went golfing, cycling and fishing many times. I didn’t play golf very well though!

### A Plan for Fitness, Health, Strength & Endurance

Now, I absolutely love going to the gym and two months ago I made a **Training Plan** – some people think I’m now a ‘**fitness fanatic**’! I normally **workout** in the gym between 3 and 5 times per week and each of my training sessions are about 2 hours in duration.

I usually start my training session in the **Stretching and Mobility Area**. Firstly, I **stretch** my **calf muscles**, then my **quads**, after that, my **lower back** and, lastly, my **shoulders** and **arms**.

After stretching, I move to the **Cardio Area** where I do some **warm-up exercises** such as **skipping**, **jogging** on the **treadmill** and some **squats**.

One of my favourite areas of my gym is the **Free Weights Area**. Here, I do my own **routine** of **light dumbbells** (usually 2kg) with high and fast **repetitions**. I do **intervals** of 1 minute fast and 30 seconds rest for 20 minutes. Some of the big **muscular** guys think that it is easy but none of them have the **endurance** to complete my **circuit**!

Training Plan	
✓	20 mins. Stretching
✓	20 mins. Warm-up
✓	20 mins. Light Dumbbells
✓	20 mins. Functional
✓	30 mins. Boxing
✓	10 mins. Abs
✓	Relax! 😊



The other area I work out in is the **Functional Fitness Area**. I hate training with the **battle rope** because it’s soooooo intense! I prefer training with **resistance bands**, **medicine balls** and **kettlebells**.

One of the most **challenging** sports is **boxing**. You need to have a lot of **cardio fitness**, **strength** and **endurance**. I **train** on the **heavy bag** for 30 minutes and I’m usually **exhausted** after that!



To end my session, I do various **abdominal exercises** – I do **crunches**, **sit-ups** and **planks**. If I have enough energy, I do 3 **sets** of 20 **press-ups**.

The best thing for me comes at the end of the session. This is the **sauna**, **jacuzzi** and **swimming pool** - aaahhhhh!



What about you? Are you a **lean**, **muscular** and **fit** ‘**fitness fanatic**’, a **chubby**, **unfit**, **unhealthy** ‘**couch potato**’ or are you somewhere in between these two extremes?!

Do you go swimming, running or cycling? Or do you prefer to play tennis, football or basketball etc.? Perhaps you enjoy doing sit-ups, press-ups, yoga, and Pilates?



## Part 3 – Vocabulary Focus

### Activity 1 - Vocabulary for Descriptions

Physical & Health Descriptions	
Positive	Negative
<i>fit</i>	<i>chubby</i>

### Activity 2 - Vocabulary for Equipment

Cardio Training	Strength & Resistance
<i>Treadmill</i>	<i>Dumbbell</i>

### Activity 3 - Vocabulary for Places in the Gym

Place to Train	Places to Relax
<i>Main Gym Floor</i>	<i>Sauna</i>

### Activity 4 – Parts of the Body

<i>arms</i>
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### Activity 5 – Activities with NO Equipment

<i>Press-ups</i>
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## Part 4 – Verbs and Grammar in the Gym

### Activity 1 – Verbs for Training & Exercising

We use various verbs to talk about training and exercising. Write the verbs you find in the text in Page 2 in the box below.

VERBS
<i>To play</i>

### Activity 2 – Play, Go and Do for Training & Exercising

We use the three verbs **play**, **go** and **do** a lot when we talk about training, sports and exercising. Under each verb, write the words as you see them in the story in Part 2.

PLAY	GO	DO
football	swimming	Sit-ups

### Activity 3 – Three Common Verbs for the Gym and When to Use Them

Match each of the verbs **DO**, **GO** and **PLAY** to their correct use. You can use the text story to help if you like!

Verb	We Use This Verb For...
1) <b>DO</b>	a) Different kinds of <b>ball sports</b> or <b>competitive team sports</b> .
2) <b>GO</b>	b) Different kinds of exercises to <b>make your body stronger</b> .
3) <b>PLAY</b>	c) Different kinds of activities that <b>end in ‘-ing’</b> and we usually have to <b>go somewhere</b> (out of our home etc.)