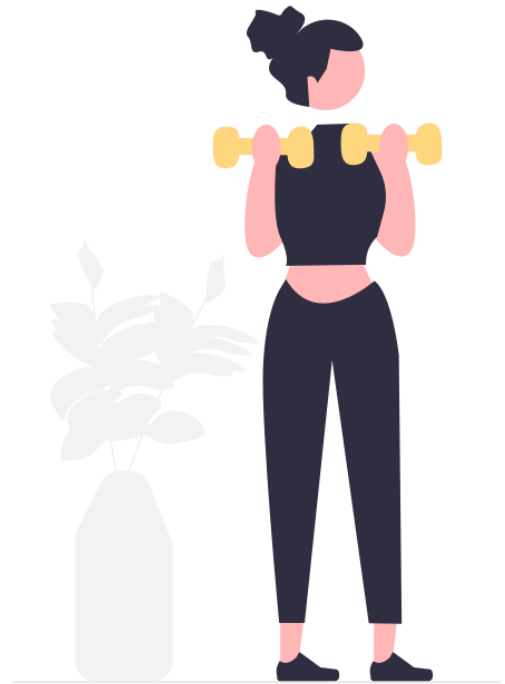


THE GYM

1 WARM UP

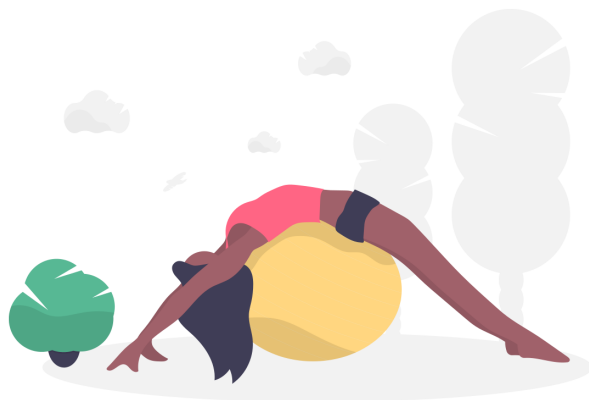
What do you think of when you hear the word “gym”. Can you create a list of 10 words?

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.
6. _____.
7. _____.
8. _____.
9. _____.
10. _____.



Task 2: Discuss the following questions as a class:

- a. Do you go to the gym?
- b. Do you like to go to the gym in the morning, afternoon or at night?
- c. What is your favourite exercise?



2 GYM VOCABULARY

Task 1: Match the equipment in the box to the correct pictures.

dumbbell

barbell

cross trainer

exercise bike

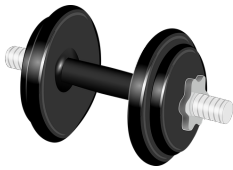
gym ball

treadmill

bench

personal trainer

rowing machine



1. **Dumbbell**



2. **Cross trainer**



3. **Bench**



4. **Exercise bike**



5. **Barbell**



6. **Treadmill**



7. **Rowing machine**



8. **Gym ball**



9. **Personal trainer**

Task 2: Discuss the following questions as a class:

- Do you like to use any of the equipment?
- Do you not like to use any of the equipment?
- Do you have any of this equipment at home?



3 COMMON VERBS

Task 1: Match the verbs in the box to the correct pictures.

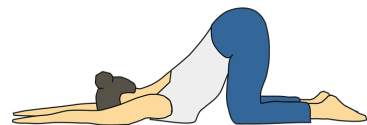
lift	run	cycle	walk	skip	stretch	rest	sweat
------	-----	-------	------	------	---------	------	-------



1. **Run**

2. **Skip**

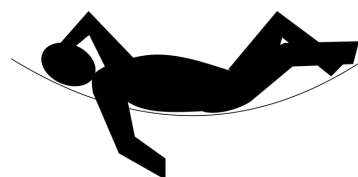
3. **Cycle**



4. **Lift**

5. **Walk**

6. **Stretch**



7. **Sweat**

8. **Rest**

Task 2: Which verbs relate to the words in the box? Explain.

skipping rope	dumbbells	treadmill	a lot of exercise
exercise bike	yoga	Sunday	a way to get to the gym

4 COMPLETE THE SENTENCES

Use the vocabulary from the box below to complete the sentences.

dumbbell
treadmill

cross trainer
personal trainer

exercise bike
rowing machine

gym ball
bench

1. John lifts heavy **dumbbells** when he goes to the gym.

2. I like to use the **exercise bike** for 15 minutes every day.

3. I walk for 10 minutes then run for 10 minutes on the **treadmill**.

4. Where is the **bench**?

5. A **personal trainer** is going to help John lose weight.

6. Hannah practises her rowing technique on the **rowing machine**.

7. My favourite piece of equipment at the gym is the **cross trainer**.

8. I always use the **gym ball** at the gym.

5 DIALOGUES

Use the words from the box below to complete the dialogues.

cross trainer dumbbells personal trainer gym treadmill

- John:** Hi Hannah, do you go to the **gym** in your free time?
- Hannah:** Yes, I love going to the gym. I go every day!
- John:** Wow! What equipment do you use?
- Hannah:** I like to run on the **treadmill** and lift **dumbbells**. Do you go to the gym?
- John:** Yes! I go three times a week.
- Hannah:** What do you do at the gym?
- John:** I like the **cross trainer**. I don't know how to use any other equipment!
- Hannah:** You should ask a **personal trainer**!

Dialogue 2

rest rowing machine treadmill dumbbells exercise bike

- Tom:** Hi Claire, tell me about your gym routine.
- Claire:** Sure, I go to the gym on Mondays, Wednesdays and Fridays.
- Tom:** Wow, that's a lot of days. What do you do on Mondays?
- Claire:** I row on the **rowing machine** for 30 minutes and stretch.
- Tom:** What do you do on Wednesdays?
- Claire:** I run on the **treadmill** for 25 minutes and skip for 20 minutes.
- Tom:** What do you do on Fridays?
- Claire:** I lift heavy **dumbbells** and cycle on the **exercise bike**.
- Tom:** Wow, that is a lot of exercise! I hope you **rest** on the weekends.

6 READING TASK

Read about Hannah's first trip to the gym, then answer the questions.

Hi! My name is Hannah! I am 24 years old and I live in London, England. Today is my first time at the gym. I feel a little bit nervous, but also excited to try something new. I walk in and see a lot of machines, like the cross trainers and exercise bikes. I also see some weights, like the dumbbells, which I've never used before.

I decide to ask for help from a personal trainer. The personal trainer is very kind and shows me how to use the machines and weights correctly. I start with the exercise bike and then the cross trainer. I feel my heart racing, and I start to sweat. It feels good to be active and get my body moving.

Afterwards, I lift dumbbells. The dumbbells are heavy, but the personal trainer helps me find the right weight. I do some simple exercises with the dumbbells, like bicep curls and shoulder presses. Overall, I feel proud of myself for trying something new, and I am going to return to the gym tomorrow because I want to improve my health.

Task 2: Decide if the following statements are true or false.

1. Hannah goes to the gym every day. **F**
2. Hanah is excited to try something new. **T**
3. She has used dumbbells before at home. **F**
4. The personal trainer shows her how to use the gym equipment. **T**
5. Hannah rows on the rowing machine. **F**
6. Hannah does bicep curls and shoulder presses. **T**
7. She runs on the treadmill for 15 minutes. **F**
8. Hannah did not like the gym so she is not going to return. **F**

Task 3: Discuss the following questions as a class:

1. Do you want a personal trainer to help you at the gym?
2. Does going to the gym improve a person's health?
3. Are there other ways to improve a person's health?
4. Do the action of a bicep curl and shoulder press. What other exercises do you know?
5. Describe a typical trip to the gym. Use the words from the text and today's lesson.



7 LISTENING ACTIVITY

Listen to the [audio](#), then answer the questions below.

1. What sports did Jake play at school?
 - a. Football and volleyball
 - b. Badminton and tennis.
 - c. Basketball and swimming.
2. On what days does Jake play badminton?
 - a. Mondays and Sundays.
 - b. Wednesdays and Saturdays.
 - c. Tuesdays and Fridays.
3. How long does Jake jog around his village for?
 - a. About 30 minutes.
 - b. About 45 minutes.
 - c. About 20 minutes.
4. What sports did Mindy play at school and university?
 - a. Badminton and tennis.
 - b. Volleyball and soccer.
 - c. Swimming and badminton.
5. Who does Mindy play badminton with?
 - a. A colleague.
 - b. A friend.
 - c. A family member.
6. What sports does Carl like?
 - a. A mix of solo and team sports like tennis and cricket.
 - b. Team sports like soccer and basketball.
 - c. Solo sports like running and cycling.
7. Why did Carl stop cycling?
 - a. He was bored.
 - b. He had a car crash.
 - c. He doesn't like cycling.
8. What club did Carl join?
 - a. A wheelchair sports club.
 - b. A soccer club.
 - c. A swimming club.



8 LET'S TALK

Task 1: Study the pictures, then give each one a title.



1. _____

2. _____

Task 2: Discuss the following questions as a class:

- a. What are the people in the pictures doing?
- b. Which type of exercise do you prefer?
- c. Which exercise do you think is most difficult?
- d. Which exercise do you think is most relaxing?
- e. Where do you think they are?
- f. Do you think they like exercising?
- g. Which person do you think is the strongest?
- h. Which person do you think is the most flexible?
- i. Are you going to go to the gym tomorrow?



HOMework

1 SENTENCE SCRAMBLE

Can you unscramble the following sentences to create complete sentences?

1. Richard lifts heavy dumbbells in the gym.
2. My brother runs on the treadmill for 30 minutes.
3. I don't like to use the cross trainer.
4. Sarah cycles on the exercise bike every day.
5. He injured his back on the rowing machine.
6. I like to use the gym ball to exercise my abdominals.
7. The personal trainer gives me diet and exercise tips.
8. I always stretch for 20 minutes before I do exercise.
9. He sweats a lot because he does a lot of exercise.
10. Danny sits on the bench to do shoulder presses.

Use the words from the box to create separate sentences or a story. Try to use all the words and have fun!

dumbbell	barbell	cross trainer	exercise bike	gym ball
treadmill	bench	personal trainer	rowing machine	

2 WRITING EXERCISE

Study the situation below, then write a detailed answer on a separate piece of paper. Wherever possible, use the new words and information learned in class.

The Perfect Gym!

In a popular fitness magazine, you see a competition to win a free membership to a gym. To win, you must write about your perfect gym by answering the following questions:

- What equipment is needed for the perfect gym?
- Where is your perfect gym located?
- What kind of fitness classes does your perfect gym offer?
- What are the qualifications you expect from the gym's personal trainers?
- How important is the social aspect of the gym to you?
- What type of nutritional education does your perfect gym provide?
- Is your perfect gym open 24 hours a day, 7 days a week?
- How important is the cleanliness and hygiene of the gym?
- How much does your perfect gym cost?
- Who works in your perfect gym?

