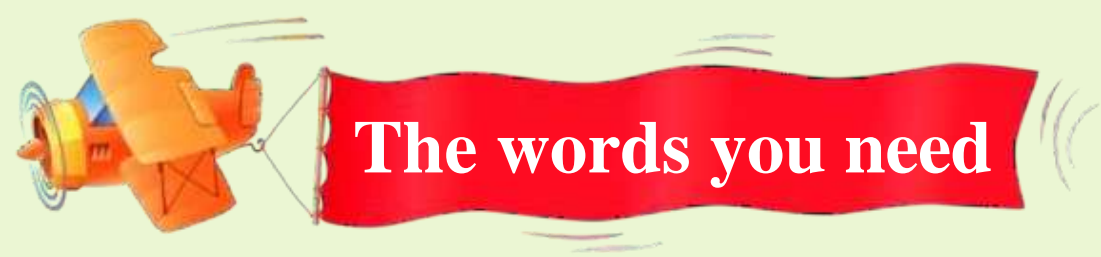


1 Part ONE

WARM-
UP





Read the dialogue and guess the meaning of the words / phrases in bold. Match the words / phrases with the pictures and definitions 1-8.

A: How do you manage to keep so **fit**?

B: It's simple. I watch what I eat and I exercise **on a regular basis**.

A: I see. And how long do you exercise for at the **fitness club**?

B: I usually **work out** for about two hours. There are lots of different **exercise machines** for all the parts of the body. Why don't you join up?

A: I'd like to, but I don't know anything about exercising.

B: Don't worry. You will get a **personal trainer** who will teach you everything you need to know and he will also **supervise** you when you are working out.

A: OK, I'll give it a try. Can we go together tomorrow?

B: **Certainly!**



The words you need

Read the dialogue and guess the meaning of the words / phrases in bold. Match the words / phrases with the pictures and definitions 1-8.

1.gym

2.strong and healthy

3.quite often

4.watch somebody and make sure they do something correctly

5.exercise

6.sure

7.



personal trainer

8.



exercise machines

fitness club

fit

on a regular basis

supervise

work out

certainly



Look at this picture from the episode and guess the answers to the following questions.

1. What does the man do? He's a personal trainer.
2. Does he work hard? Yes.
3. Does Tracy exercise often? No.
4. Which of these exercise machines do you think Tracy is going to try out?



Part TWO 2



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