



Gym Conversation

- 1) Do you go to the gym often? Why/not?
- 2) What do you think is the essential equipment for a gym?
- 3) What equipment does your local gym have?
- 4) What exercises do you typically do?
- 5) Do you have a home gym? If so, what does it have? If not, if you created a home gym, what equipment would you put in it?
- 6) Are there any exercises that you really don't like?
- 7) Do you enjoy working out? Why/not?
- 8) Have you ever given something up?
- 9) Have you ever bulked up?
- 10) Do you think gym equipment (such as a treadmill or rowing machine) is too expensive?
- 11) Do you prefer cardio or toning exercises? Why?
- 12) Do you always warm up and cool down? Why/not?
- 13) What weight could you lift right now?
- 14) Are you any good at pull-ups? Sit-ups? Push-ups?
- 15) How long can you hold the plank for?
- 16) Can you use a resistance band well?
- 17) Have you ever owned a trampoline?
- 18) Have you ever tried a rowing machine? A treadmill? A cross-trainer?