



LEARN GYM VOCABULARY



At The Gym

At The Gym

Watch the video

https://youtu.be/uYZ__ZCGbEY

At The Gym



At The Gym



ball

At The Gym

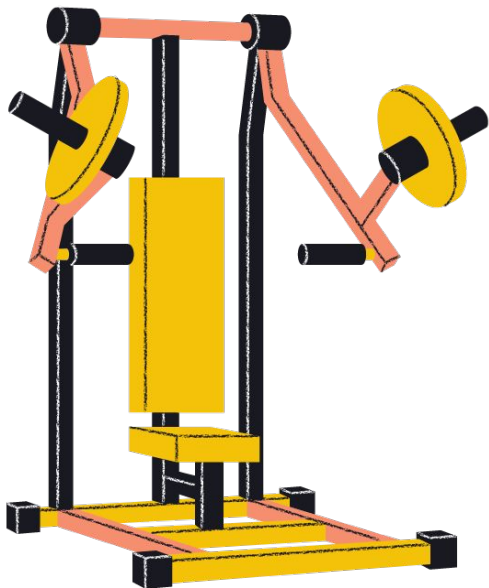


At The Gym

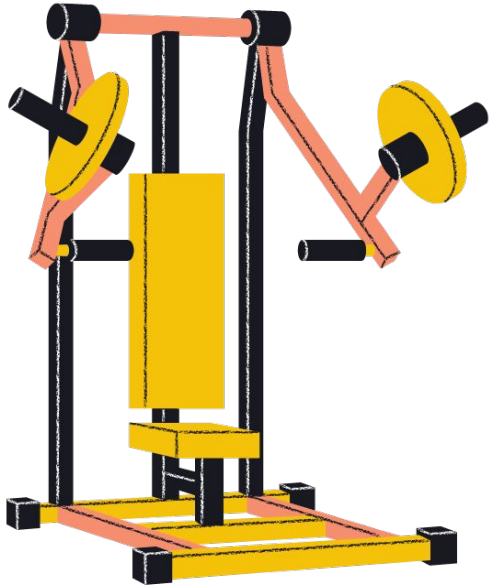


barbell

At The Gym

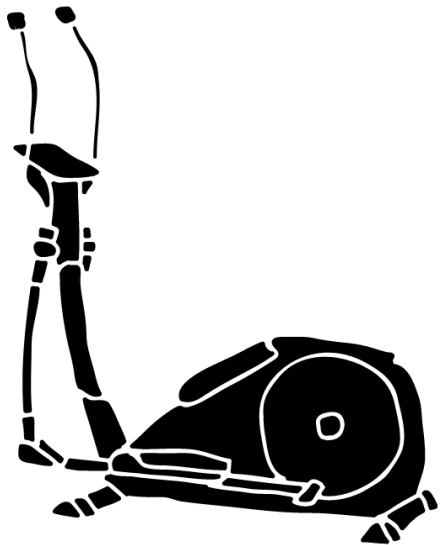


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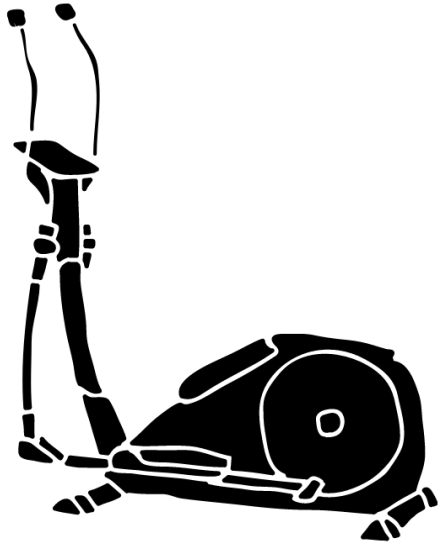


chest-fly
machine

At The Gym



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cross trainer

At The Gym



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dumbbell

At The Gym



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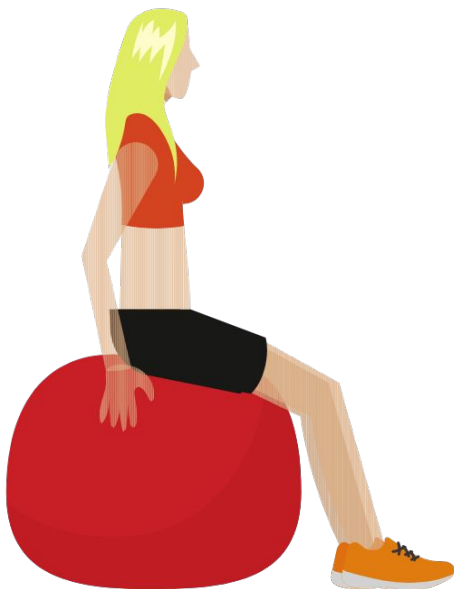


exercise bike

At The Gym

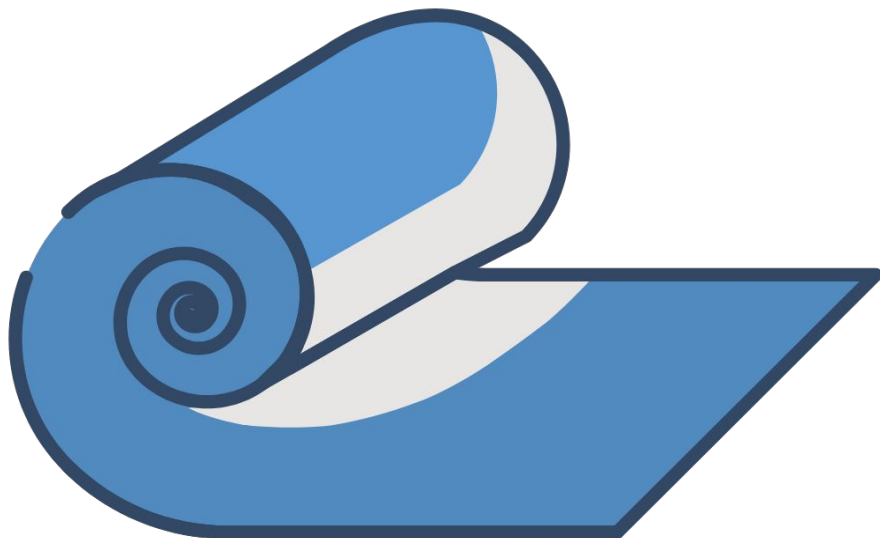


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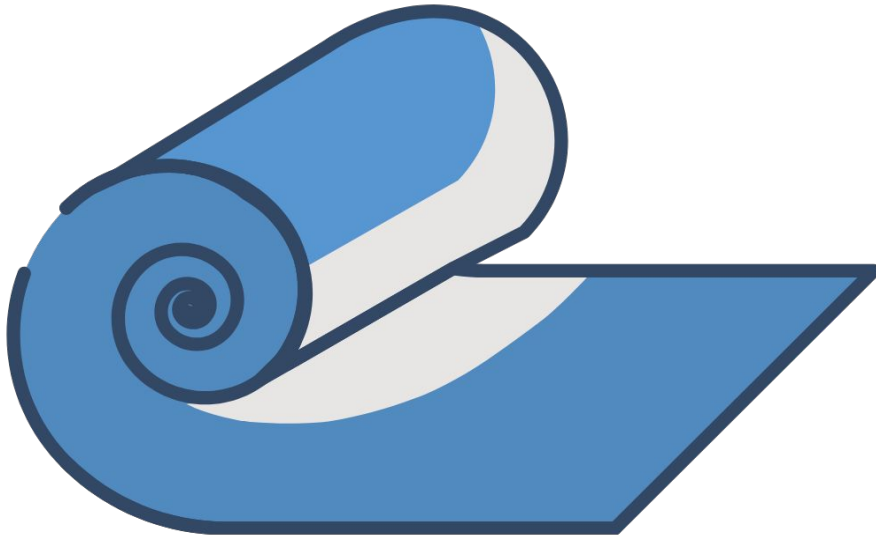


gym ball

At The Gym



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gym mat

At The Gym



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hula hoop

At The Gym

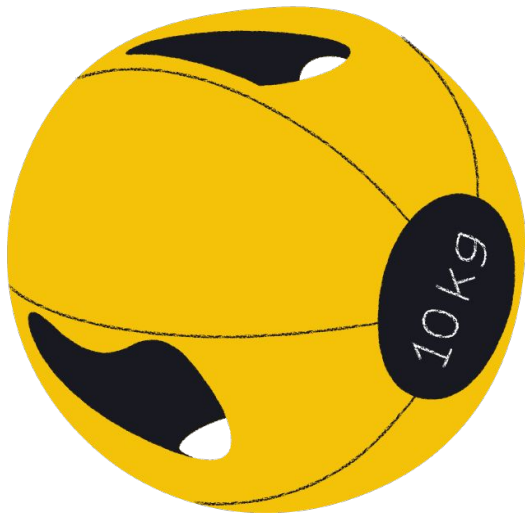


At The Gym



kettlebell

At The Gym



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medicine ball

At The Gym

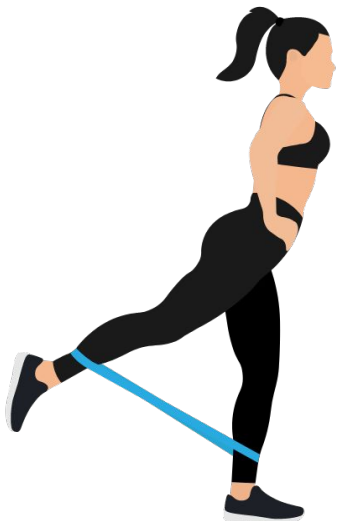


At The Gym



pull-up bar

At The Gym



At The Gym

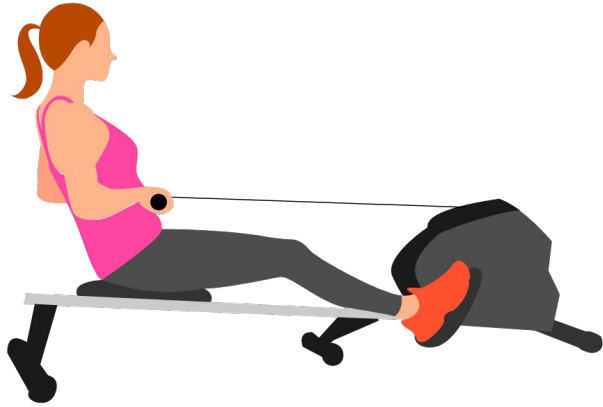


resistance
band

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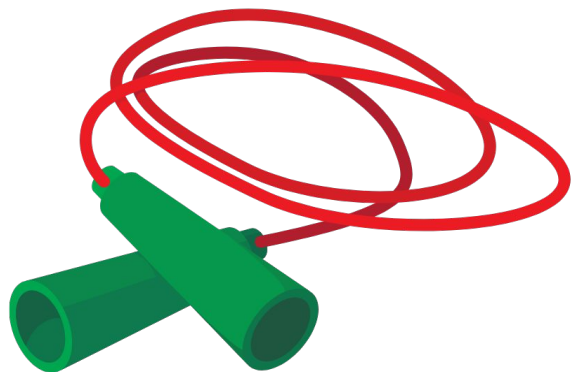


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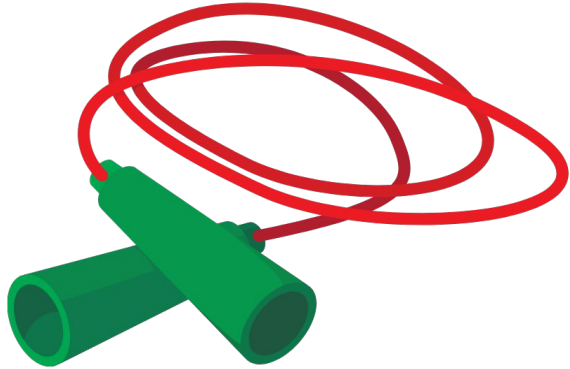


rowing
machine

At The Gym



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skipping
rope

At The Gym

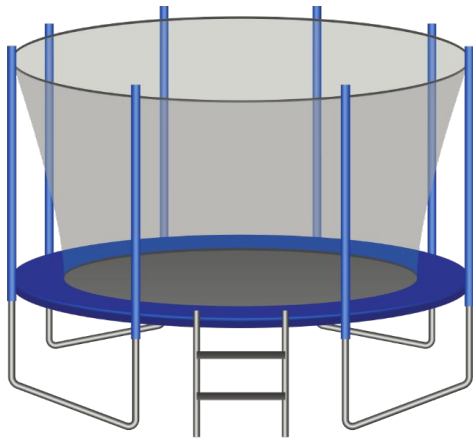


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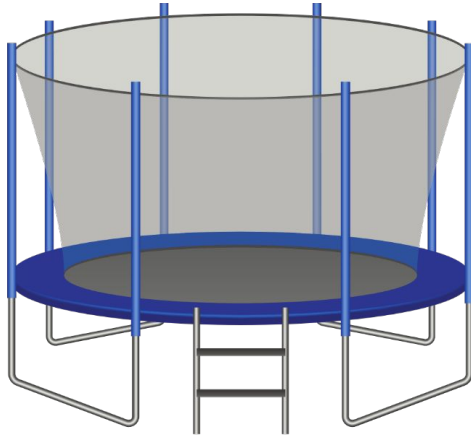


training
bench

At The Gym



At The Gym



trampoline

At The Gym



At The Gym



treadmill

At The Gym

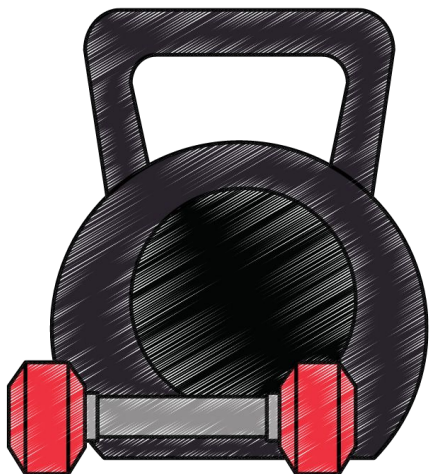


At The Gym

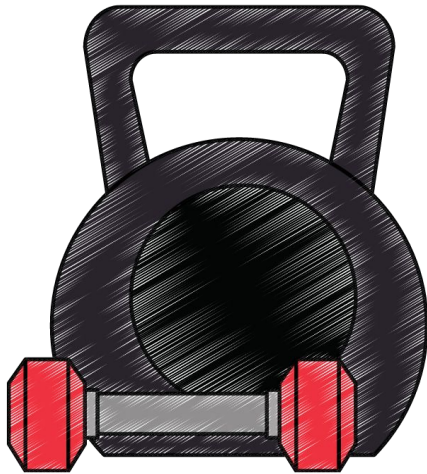


weight disk

At The Gym



At The Gym



weights

I recently **signed up** to the gym to **work out** and **tone up** my body. I always **warm up** before starting my exercises then I do some really intensive activities. After I've done a mixture of cardio and toning exercises, I need to **cool down** and I stretch my body.

To help tone my body, I also need to control my diet. I've **given up** all sweet food and **cut down on** caffeine too!

My partner is also on a health-kick at the moment but he's **bulking up** as he wants to **build up** his muscles.

Phrasal Verbs for The Gym

to sign up

intransitive

to enrol

Have you signed up to Spanish classes?

Phrasal Verbs for The Gym

to work out

intransitive

to do exercise

Shall we work out later today?

Phrasal Verbs for The Gym

to tone up

transitive - separable

to become stronger and firmer

I really need to tone up my muscles

Phrasal Verbs for The Gym

to warm up

intransitive / transitive - separable

to stretch and prepare for physical activity

Don't forget to warm up!

Phrasal Verbs for The Gym

to cool down

intransitive / transitive - separable

to stretch and prepare for rest after physical activity

Let's cool down now!

Phrasal Verbs for The Gym

to give up

transitive - separable

to stop consuming

I've given up chocolate for Lent

Phrasal Verbs for The Gym

to cut down on

transitive - inseparable

to reduce consumption

We should cut down on saturated fat

Phrasal Verbs for The Gym

to bulk up

intransitive

to gain muscular weight

Bodybuilders need to bulk up

Phrasal Verbs for The Gym

to build up

transitive - separable

to increase and make stronger

Are you going to build your muscles up?



Practice 1

It's conversation time!

<https://virtually-fluent.com/wp-content/uploads/2021/09/15-Gym-Conversation-Questions.pdf>

Any questions?





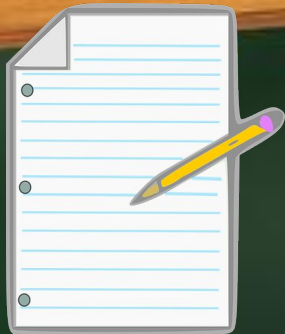
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REVIEW



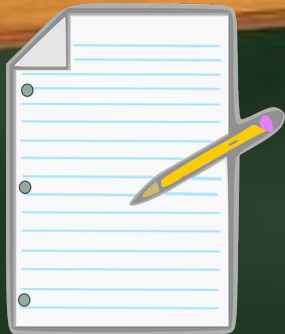
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HOMEWORK 1

COMPLETE THE LISTENING QUIZ

Link: <https://virtually-fluent.com/quizzes/at-the-gym-podcast/>



HOMEWORK 2

RESPOND TO THE FORUM

Link:

<https://virtually-fluent.com/groups/at-the-gym/forum/topic/your-gym-habits/>