



Lesson 53: Working Out

Exercise 01

Vocabulary

workout	(N)	a series of exercises that you do to keep fit	He helped her with her workout .
sustain	(V)	to make something continue to exist	You need to sustain efforts to achieve the goal.
sit-up	(N)	an exercise for stomach muscles in which you lie on your back on the floor and then raise to a sitting position	He does fifty sit-ups per day.
push-up	(N)	an exercise in which you lie on the floor on your chest and raise your body off the ground with your arms	Five more push-ups to go. Keep it up!
later on	(PHRASE)	at a time in the future	I'll have more time to talk later on in the day.
muscle	(N)	a piece of tissue inside your body that you use in order to move	He has very strong muscles .
overweight	(ADJ)	too heavy or fat	Two thirds of the American population is overweight .
motivation	(N)	willingness to do something	The students in this class show little motivation to learn.
way to go	(PHRASE)	used to tell someone that you are pleased or impressed by something they have done	Good job, Bryan! You achieved a great score this month, way to go!
flutter kick	(N)	a swimming kick in which the legs move up and down in the water	Flutter kicks are the basic in swimming.
I'm ready when you are.	(PHRASE)	an expression used to say that you are ready to do something right away	We're going to leave now. Okay? // Sure. I'm ready when you are.



Exercise 02

Dialogue Practice

Read the dialogue aloud with your teacher.

Kathy is at the gym. Her personal instructor gives her a workout program.



Gym Instructor

Kathy, have you prepared for today's exercises?



Kathy

Yes, I have, but I am afraid I might not be able to sustain my energy this time.



Gym Instructor

Don't be afraid. I am here to guide you. First, I'll teach you how to do sit-ups, and then later on, we will do push-ups.



Kathy

Oh, I am here to lose weight, not to gain muscle. Do I really need to do sit-ups and push-ups to make my diet successful?



Gym Instructor

Good question. Gaining muscle is key to making your diet successful. Having more muscle helps your body consume more energy.



Kathy

Cool! Now I'm encouraged! I really want to say goodbye to my overweight body.



Gym Instructor

Good motivation. Way to go, Kathy! Let's start the training then. Are you ready?





Kathy

I'm ready when you are!

Check your understanding:

- What exercises did the instructor tell Kathy to learn?
- How will the exercises the instructor recommended help Kathy's diet?
- Does Kathy seem to be motivated in doing the workout program?

Exercise 03

Role Play

Role-play the following situation with your teacher.

Situation:

- You are a fitness instructor, and your teacher has come to the gym to lose some weight.
- Give him or her advice on how to do so.

Exercise 04

Discussion

- 1) Do you think that you lead a healthy lifestyle? Why? Why not?
- 2) Is there anything you would like to change in order to become healthier?
- 3) Are you doing any exercises to sustain your health? If so, what is your workout routine?
- 4) Is there anything you avoid in order to stay healthy?
- 5) Do you want to gain muscle and become stronger? Why? Why not?

