Lessons 1–2 **A sporting hero**

1 Match the words below with the correct definition.

1. cross-fit training
2. role model
3. a fan
4. medals
5. body building
6. weight lifting
7. open-minded
8. humbleness

a. A metal disc that looks like a big coin, usually given to winners in sports competitions.
b. Not arrogant or too proud of wealth or achievements.
c. The sport or activity of lifting heavy weights.
d. Someone who admires and supports a person, usually someone famous.
e. A sport where athletes train their muscles through exercise and diet.
f. A kind of exercise that requires different body movements at high intensity.
g. Willing to consider new ideas; unprejudiced.
h. A person looked to by others as an example to be followed.