

HANDOUTS

(For checking up the vocabulary)

Exercise: Choose the best answer (A, B, C or D)

1. He is running on the ____.
A. treadmill B. weight C. motor D. bicycle
2. The team is excited about the ____ they have made in developing the new product.
A. progress B. tips C. failure D. loss
3. ____ means the current trend's widespread popularity and short-lived nature.
A. Progress B. Wellness C. Craze D. Weights
4. The ____ at the gym created a workout plan based on my needs and abilities.
A. boss B. guard C. receptionist D. personal trainer
5. Yoga is said to promote the ____ of the mind and body.
A. progress B. Wellness C. happiness D. craze
6. I went to the gym and lifted ____ to strengthen my muscles.
A. weights B. personal trainer C. treadmill D. craze
7. ____ exercises are perfect for core strength and flexibility.
A. Pilates B. Craze C. Treadmill D. Wellness