

3.2

THE 16TH STEP

1 VOCABULARY: Exercising



A Read the three interviews and complete the text. Use the correct form of the verbs in the box.

jump lie down lift sit down stretch throw

A Yoga is my favorite exercise. I'm waiting for my class to start. The class is very good and a lot of people take it. The teacher ¹ sits down in front of the class and we sit behind him. Here we are ² _____ our bodies to warm up. Then we ³ _____ on the floor at the end of class. I love that part!

B My daughter is taking a dance class. She likes it because her friends from school are in the same class. The girls are ⁴ _____ their arms above their heads at the moment. The teacher asks them to follow her instructions.

C My friends and I play on a baseball team. We meet every Thursday in the park. First, we ⁵ _____ balls for a few minutes to warm up. We are ⁶ _____ up and down in the photo because we're happy! My friends and I love this sport!

2 GRAMMAR: Simple present and present continuous

A Write the verbs in parentheses in the correct form.

- 1 Tony _____ (play) football every weekend.
- 2 We _____ (lift) our arms at the moment.
- 3 Sari _____ (climb) up the stairs to get to class every day.
- 4 They _____ (lie) down on the floor at the moment.
- 5 How many people _____ (swim) in the pool right now?
- 6 How often _____ (he / run)?
- 7 What kind of exercise _____ (they / do) now?
- 8 _____ (your boyfriend / watch) the game on TV this afternoon?

B **Correct the sentences.**

- 1 Are you stretching every morning when you wake up?

- 2 Look! I lift two coffee cups now!

- 3 I'm not going to the gym every evening.

- 4 Look! The fans are run onto the field!

- 5 The race is on. Everyone is run.

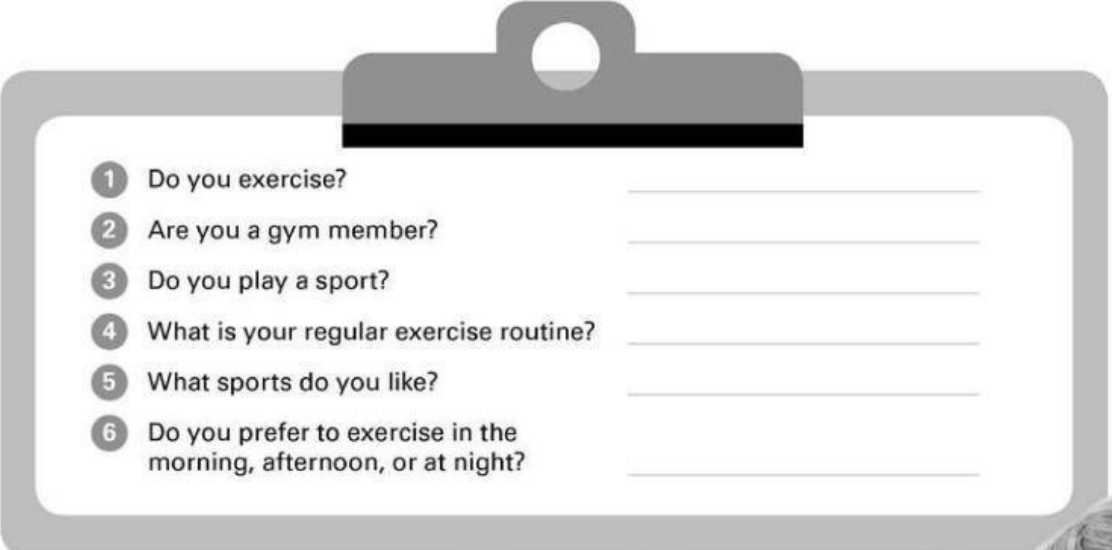
- 6 Do you listening to the game on the radio now?

- 7 Your dog lies down under the tree.

- 8 Are all the athletes exercise at the gym now?

3 GRAMMAR AND VOCABULARY

A **Complete the gym questionnaire with your own answers.**

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- 1 Do you exercise? _____
 - 2 Are you a gym member? _____
 - 3 Do you play a sport? _____
 - 4 What is your regular exercise routine? _____
 - 5 What sports do you like? _____
 - 6 Do you prefer to exercise in the morning, afternoon, or at night? _____

