

A

LISTENING



Listen to a fitness and exercise plan

VOCABULARY

1 0:30 Listen and number.



adjust



balance



crucial



current



enable



eventually



maintain



monitor

2 0:30 Listen and fill in the blanks.

- Having a coach will _____ you to train more efficiently.
- The most _____ thing in weightlifting is using proper form.
- Isabella _____ her nutritious diet even though her friends often eat fast food.
- To build strength, you need a good _____ of protein, healthy fats, and complex carbohydrates.
- If you keep following this fitness plan, you will _____ reach your goal.
- Mateo plans to _____ his exercise routine to include more swimming.
- Athletes need to _____ their heart rate during intense workouts.
- The _____ trend in fitness is focusing on functional strength rather than just aesthetics.

