



PRESENT SIMPLE & PRESENT CONTINUOUS



♥ COMPLETE THE SENTENCES WITH THE CORRECT FORM OF THE VERB IN BRACKETS. ♥

PRESENT SIMPLE

- for habits and routines
- for general truths



PRESENT CONTINUOUS

- for actions happening now
- for temporary actions



1 She _____
(run) on the treadmill
right now.



2 He _____
(go) to the gym
five times a week.



3 They _____
(stretch) before
their workout now.



4 He usually _____
(do) bench presses
on Monday.



5 I _____
(use) the exercise bike
at the moment.



6 We _____
(use) kettlebells and
resistance bands in
our classes.



7 Look! He _____
(do) push-ups.



8 My sister _____
(train) her back
these days.



9 He _____
(jump rope) in his
warm-up now.



10 She always _____
(do) squats for
her legs.



11 I _____
(row) because I love
cardio.



12 They _____
(use) the leg press
machine every Friday.



13 She _____
(do) a plank
right now.



14 I _____
(lift) weights
three times a week.



15 We _____
(use) the foam roller
after training now.



16 She usually _____
(do) lunges
on Saturdays.



17 Look! He _____
(do) pull-ups.



18 I usually _____
(drink) a lot of water
every day.



19 She _____
(not / use) the elliptical
machine today.



20 The gym _____
(open) at 6 a.m.
every day.



WORK HARD TODAY FOR A STRONGER TOMORROW



LIVEWORKSHEETS