

EXERCISES & ACTIONS

♡ AT THE GYM ♡

NO RULES English

★ Match the exercises with the correct pictures.

1. warm up ◯
2. stretch ◯
3. do squats ◯
4. do lunges ◯
5. do push-ups ◯
6. do sit-ups ◯
7. do crunches ◯
8. do a plank ◯
9. lift weights ◯
10. run on the treadmill ◯
11. walk on the treadmill ◯
12. ride an exercise bike ◯
13. jump rope / skip rope ◯
14. do pull-ups ◯
15. do bench presses ◯
16. do deadlifts ◯
17. do hip thrusts ◯
18. do bicep curls ◯
19. do burpees ◯
20. rest ◯

A 

B 

C 

D 

E 

F 

G 

H 

I 

J 

K 

L 

M 

N 

O 

P 

Q 

R 

S 

T 

♥ Keep moving, keep growing!

LIVEWORKSHEETS