Exercise Program

Mixed-up Sentence Exercise

can/help you/off/Running/energy./extra/burn

Gap-fill Exercise

Josh: Hey, I hear you and Stephanie are really getting serious.

Michael: Yeah, I think she'll be [_____] [?] with my new exercise program.

Josh: What? What are you talking about? What exercise program? What did you [_____] [?] her?

Michael: Well, you know, I [_____] [?] staying in shape. [Right] First, I generally get up every morning at 5:30 a.m.

Josh: Oh, yeah. Since when? You don't roll out of [_____] [?] until at least 7:30 p.m.

Michael: No, no, and on Mondays and Wednesdays, . . .

Josh: Ah, not another [_____] [?] tale . . .

Michael: I almost always go [_____] [?] for about a half hour, you know, to improve my endurance.

Josh: Hey, jogging to the refrigerator for a glass of [_____] [?] doesn't count.

Michael: Of course, [_____] [?] I leave, I usually make sure I do some stretches so I don't pull a muscle on my run.

Josh: Right. One jumping jack.

Michael: Then, I told her that I usually lift weights [_____] [?] and Thursdays for about an hour after work.

Josh: Humph.

Michael: [_____] [?] helps me build muscle strength.

Josh: A one-pound barbell.

[The conversation continues . . .]

Exercise Program

Matching Exercise

She has starte a new excersise _____ to help her get in shape

I enjoy hiking because it helps me get rid of _____ and stress from the day

I _____like to go jogging in the morning before work

I suggest you truy swimming to _____extra calories

You can improve your _____by running on a regular basic

Endurance

Burn off

Program

Anxiety

Generrally