

UNIT 5

LIFE SKILLS: LISTENING

Listen to the podcast and complete the blanks

Hi, I'm Tim, your personal _____. And welcome to my six-minute _____.

This is so _____ to _____, and can really _____ you into great _____!

Begin with _____ seconds of _____ in place as a _____-up.

Afterwards, take a _____-second _____. Now, do _____ sets of _____—

each set should last for _____ seconds. Then take _____ 10-second break.

Right. Now onto _____-ups. Do as _____ as you can in 1 minutes and then take another 10-second break.

_____ -ups can be tricky, so _____ a _____ to help you. Again, as many as you can in 1 minutes and another break of the same length. You're

_____ really well! Now, _____ seconds of _____ and straight into the

_____—try to hold _____ a minute. And you're done ...and feeling _____!