

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 _____!