

My name is Martín and I'm a football player. It can be a difficult job when you have to train very hard, but I still like it. Well, yesterday I had a hard training day. I had to do 100 push ups and 100 sit ups. When I finished I was exhausted.

At Half past five, I finished my training and went home, had a shower, changed clothes and had a big dinner with meat, eggs, potatoes and vegetables. Well, I was eating my meal when my sister appeared. She asked me to help her move her books. I accepted, as I thought it was easy to do. "But please, wait until I finish eating". I finished and went to her bedroom.

When I arrived I saw a thousand books on the bed "as you are a sportsman I know you are strong, I only have to move them to the new bookshelves. I love my sister, so I helped her, but later I slept like a baby, I can't believe how tired I was.

Martín felt **after training**

He arrived home at

He had

for dinner

His sister talked to him while he was

He thought it was

to help his sister.

His sister thinks he is

