

Exercise 5

*Listen to a conversation between a gym member and a personal trainer.
Complete the notes. Write NO MORE THAN TWO WORDS AND / OR A NUMBER
for each answer. The first one has been done for you.*

Personal training notes	
Member name: Example Sue Lanesdown	Aims: 1 and lose weight

Current:	
2 per month	Use: treadmill, stretching Lifestyle: 4

Recommended:	
Three times per week, 3 minutes	Use: cross-trainer, lift 5 Lifestyle: more active

1. _____
2. _____
3. _____
4. _____
5. _____