

**MODULE 4 / UNIT 10C: SPORTS – HIIT (High Intensity Interval Training) – LISTENING PRACTICE**

\* Listen to Carlos and Vicky, write (T) for True or (F) for False.

- 1) They say that you can get in shape with only three hours a week.
- 2) Carlos has lost 75 kilograms.
- 3) In HIIT, you have to warm up first.
- 4) You have to cycle as fast as you can for 20 minutes.
- 5) If you practice HIIT three times a week you can be fit.

**5 A** 10.11 Listen carefully to what Carlos and Vicky said. Write the verbs they used.

1	In HIIT, you _____ almost all your muscles.	3	Oh, and I _____ more fruit and vegetables now.	5	OK, so first you _____ some gentle cycling to warm up.
2	Well, two years ago I _____ almost 100 kg.	4	Of course-75 kg. I _____ 25 kg.	6	Thanks, Carlos. Well, I _____ 20 seconds of high-intensity cycling now.

**6** 10.13 Match the sentences in the box with the people. Listen and check.

I go to the gym to meet my friends. I'll tell my husband because he needs to lose weight.  
I can't do HIIT at my age! I've tried it, but I hurt my shoulder.



Listen again and put a check (✓) in the right column.

PEOPLE'S NAMES	IN FAVOR (+) OF PRACTICING HIIT (but for someone else, not herself)	AGAINST PRACTICING HIIT
ROSA		
KURT		
BARRY		
JESSICA		