1.

Tom Hey, Jill. Are you going to the gym again?

Jill Yep. I have (1) **lots of / much** time on my hands these days, so I go to the gym every day now.

Tom Wow! I do very (2) **a little / little** exercise. I have (3) **no / any** free time.

2.

Tony James has starred in (4) **many / much** adventure films. (5) **Few / A few** actors train so hard before making a film. That's why he doesn't see his family (6) **much / a lot of**. He is a very good actor but he hasn't won (7) **any / some** Oscars. Maybe next year.