

Lessons 1–2 **A sporting hero**

1 Match the words below with the correct definition.

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| 1 cross-fit training | a A metal disc that looks like a big coin, usually given to winners in sports competitions. |
| 2 role model | b Not arrogant or too proud of wealth or achievements. |
| 3 a fan | c The sport or activity of lifting heavy weights. |
| 4 medals | d Someone who admires and supports a person, usually someone famous. |
| 5 body building | e A sport where athletes train their muscles through exercise and diet. |
| 6 weight lifting | f A kind of exercise that requires different body movements at high intensity. |
| 7 open-minded | g Willing to consider new ideas; unprejudiced. |
| 8 humbleness | h A person looked to by others as an example to be followed. |