

### **Text 1**

**1) These speakers explain**

- a** how their favourite activity doesn't involve teamwork.
- b** that they don't like the gym or sports.
- c** what it takes to succeed in their favourite activity.

### **Text 2**

**2) This speaker's intention is to**

- a** detail his sport's training regime.
- b** explain why the sport's rules are important.
- c** warn that his sport is very dangerous.

### **Text 3**

**3) This speaker is explaining**

- a** the effects of exercise on the various muscle groups.
- b** how exercise also affects the mind.
- c** that exercise must be regular to be beneficial.

### **Text 4**

**4) This speaker talks about**

- a** how much he enjoys training with his father.
- b** why his father is paying for his training.
- c** how difficult the training is for a triathlon.

