

## HANDOUTS

(For checking up the vocabulary)

**Exercise:** Choose the best answer (A, B, C or D)

1. He is running on the \_\_\_\_\_.  
A. treadmill      B. weight      C. motor      D. bicycle
2. The team is excited about the \_\_\_\_ they have made in developing the new product.  
A. progress      B. tips      C. failure      D. loss
3. \_\_\_\_ means the current trend's widespread popularity and short-lived nature.  
A. Progress      B. Wellness      C. Craze      D. Weights
4. The \_\_\_\_ at the gym created a workout plan based on my needs and abilities.  
A. boss      B. guard      C. receptionist      D. personal trainer
5. Yoga is said to promote the \_\_\_\_ of the mind and body.  
A. progress      B. Wellness      C. happiness      D. craze
6. I went to the gym and lifted \_\_\_\_ to strengthen my muscles.  
A. weights      B. personal trainer      C. treadmill      D. craze
7. \_\_\_\_ exercises are perfect for core strength and flexibility.  
A. Pilates      B. Craze      C. Treadmill      D. Wellness