FITNESS MODALS

Choose the correct modal for each sentence.

1. If you want to improve your stamina, you _____ exercise at least three times a week.
A. should B. mustn't C. needn't

2. Despite feeling exhausted, the athlete _____ finish the race in under four hours.
A. could B. managed to C. must

3. You _____ bring your own yoga mat because the fitness centre provides them for everyone.
A. mustn't B. don't have to C. couldn't

4. After such an intense workout, you _____ give your muscles enough time to recover.
A. ought to B. are allowed to C. manage to

5. Gym members _____ use the equipment if they notice that it is damaged.
A. don't have to B. mustn't C. needn't

6. After several months of physiotherapy, she _____ run without experiencing any pain.
A. was able to B. mustn't C. needn't

7. To participate in the marathon, all runners _____ register before the deadline.
A. need to B. could C. needn't

8. You _____ worry about paying for the first fitness class because it's completely free.
A. mustn't B. needn't C. couldn't

9. When my grandfather was younger, he _____ run ten kilometres without stopping.
A. managed to B. could C. must

10. According to the gym's regulations, all members _____ wear appropriate sports shoes.
A. have to B. might C. needn't

11. At what age _____ children _____ use the gym's fitness equipment without adult supervision?
A. are / allowed to B. do / allowed to C. have / allowed to

LIVEWORKSHEETS

12. You _____ buy expensive equipment to exercise effectively at home.
A. mustn't B. couldn't C. don't need to

13. You _____ have your running shoes checked if you keep experiencing ankle pain.
A. needn't B. ought to C. mustn't

14. Yesterday, the swimming instructor _____ cancel the lesson because of a problem with the pool.
A. must B. had to C. ought to

15. If he continues training regularly, he _____ participate in the competition next year.
A. has to be able to B. could to C. will be to able to

16. You _____ ignore persistent pain during exercise, as it could be a sign of an injury.
A. don't have to B. shouldn't C. couldn't

17. We _____ book a place for tomorrow's Pilates session because the instructor has already reserved one for us.
A. needn't B. mustn't C. couldn't

18. If you want to build muscle, you _____ consume enough protein as part of a balanced diet.
A. mustn't B. need to C. are allowed to

19. Before her knee injury, Sarah _____ do fifty squats without getting tired.
A. had to B. was allowed C. could

20. Although visitors were previously prohibited from entering the training area, they _____ do so during last week's open day.
A. were allowed to B. mustn't C. ought to

21. Participants _____ wear matching T-shirts during the charity run; ordinary sportswear is perfectly acceptable.
A. ought to B. mustn't C. don't have to

22. How _____ you _____ complete such a difficult obstacle course without any training?
A. did / manage to B. could / manage to C. were / manage to

23. Under no circumstances _____ participants enter the swimming pool without a lifeguard present.
A. must B. need C. mustn't

24. Since the gym is within walking distance, we _____ take the car.
A. don't need to B. mustn't C. aren't allowed to

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