ESB C2 Level 3 Listening (Part One – Section A)

You will hear Fiona Butterworth, a radio presenter, and Grant Booth, a sixty-three-year-old bodybuilder, talking about bodybuilding.
For questions 1 – 5, choose the correct answer A, B or C.
You will hear Section A TWICE.
You have one minute to read the questions for Section A.

1. What prompted Grant's interest in bodybuilding?
A. Concerns over his weight.
B. A desire to look younger.
C. A personal loss.

2. To what does Grant credit his success?
A. Professional support.
B. A better diet.
C. Running and cycling.

3. Grant informs Fiona that
A. women are the best trainers.
B. bodybuilding is not about getting big.
C. younger people train more effectively.

4. Grant reacts to implications of drug use
A. forcefully.
B. responsibly.
C. regretfully.

5. What benefits of bodybuilding does Grant NOT mention?
A. Cardio-thoracic improvement.
B. Increased vitality.
C. A surge in confidence.

LIVEWORKSHEETS

ESB C2 Level 3 Listening (Part One – Section B)

You will hear Fiona Butterworth, the radio presenter, interviewing personal trainer James Burton.
For questions 6 – 10, choose the correct answer A, B or C.
You will hear Section B TWICE.
You have one minute to read the questions for Section B.

6. James likes to train older clients because
A. they do not take it too seriously.
B. they find it more rewarding.
C. young people cancel more often.

7. James states young people do not warm up properly because they
A. do not think they will get injured.
B. are too idle to do so.
C. spend all their time on their phones.

8. James recommends strength training as this will
A. make new muscle.
B. result in shorter sessions.
C. maintain physique.

9. What reason is given for preferring machines?
A. Their current popularity.
B. Injury prevention.
C. Muscle isolation.

10. James says that functional exercises
A. assist you in everyday life.
B. get harder as you age.
C. help you win competitions.

LIVEWORKSHEETS

ESB C2 Level 3 Listening (Part Two)

Listen to three conversations and for questions 11 – 20, choose the correct answer A, B or C.
You will hear each conversation TWICE.
You have two minutes to read the questions for Part Two.

Conversation One

11. Patrick snaps at Matilda because he thinks she
A. wants him to leave town.
B. is jealous of him.
C. does not believe in him.

12. Patrick blames his irritation on
A. the weather.
B. stress.
C. tiredness.

13. What does Patrick want with Matilda's sister?
A. To go into business together.
B. To rent a house with her.
C. A romantic relationship.

Conversation Two

14. Why does Tony interrupt Emma?
A. Her son has asked him for a favour.
B. She is mistaken about the age group.
C. He thought that she wanted special treatment.

15. Tony's attitude to the coaching position is one of
A. frustration.
B. nervousness.
C. bitterness.

16. Why did Emma retire from football?
A. She was unable to play after injury.
B. It was taking up too much of her time.
C. The pressure was too much for her.

17. Tony forgets to ask Emma about the
A. training times.
B. start date.
C. necessary equipment.

LIVEWORKSHEETS

Conversation Three

18. When Beth says she cannot cook, Phil is

A. incredulous.
B. exasperated.
C. unsympathetic.

19. Why is cooking going to be a problem for Beth?

A. She has tried and failed.
B. She does not have enough time.
C. She is an idle woman.

20. Phil recommends that Beth should

A. tell her boyfriend the truth.
B. get someone else to cook.
C. buy something already cooked.

LIVEWORKSHEETS