

Vocabulary

A) Fill in the spaces with words from the list:-

extremely-session-resistance-regimen

- 1- I always practiseexercises to build the muscles of my body.
- 2- Deserts arehot places specially in summer.
- 3- After his heart attack, the doctor put him on a strict..... .
- 4- She has a weeklyat the health club on Saturdays.

B) Choose the correct answer from a, b, c and d :

- 5- Stretching exercise helps us to havebodies.
a- strict b- voluntary c- adequate d- flexible
- 6- Ahmed hurt himself during the trainingyesterday.
a- session b- resistance c-amount d- arrow
- 7-is a very good activity to keep fit.
a- A session b- A cavern c- An arrow d- A risk
- 8-is running very fast over a short distance.
a- Sprinting b- A theme c- Obesity d- A session