

At the Gym – Vocabulary 1 (exercises)

1) Fill in the gaps with the words below.

STRENUOUS

SIGN UP

MEMBERSHIP

SORE

CONTRACT

FITNESS JUNKIE

GYM BUNNY

- a) I am a real _____, I do lots of sports and like physical activity.
- b) He needs to _____ in order to be a part of the gym.
- c) Carla is a _____, she spends a lot of time at the gym.
- d) This exercise is really _____, I think my muscles will hurt tomorrow.
- e) I'm always _____ the day after a good workout.
- f) Anna needs to sign a _____ with the gym when signing up for the membership.
- g) He has to pay \$100 a month for a gym _____.

2) Fill in the gaps with the words below.

WARM UP

COOL DOWN

CARDIO

OUT OF SHAPE

IN SHAPE

WORKOUT

LIFTING WEIGHTS

STRETCHING

BODY WEIGHT

- a) When you go to the gym, all the activities you do are called your _____.
- b) You have to _____ before some difficult exercises.
- c) She goes to the gym every day to stay _____.
- d) You need to _____ after a workout.
- e) He stopped going to the gym and is now _____.
- f) I like _____ exercises like yoga.
- g) _____ is one of my favorite strength exercises.
- h) I hate doing _____ exercises. I prefer to use weights.
- i) _____ exercises like running and jogging are good for your heart.