

Part 2

Writing Skills

Read the following exercise routine and then answer the questions.

The Bent-Knee Crunch

Sometimes, you don't have time to go to the gym. On very hot or cold days, you don't want to go outside. Here is an easy exercise you can do at home. It's called the bent-knee crunch. The only equipment you need is your body! It's an easy way to make your stomach muscles stronger.

First, lie down on your back. Bend your knees upwards. Keep your feet on the floor.

Next, place your hands behind your head. Pull your elbows¹ back so they are on the floor. Your head should be in line with your back.

Then breathe out as you slowly lift your head and shoulders² off the floor. Continue lifting your upper body as high as you can. Your feet and lower back should stay on the floor.

Finally, breathe in as you slowly lower your upper body towards the floor.

Repeat the above steps 20 times.

¹ *elbows* the joints between your upper and lower arms

² *shoulders* the joints between the upper arms and the neck

16. The most likely audience for this exercise routine is ...
 - A) people who go to the gym every day.
 - B) people who go out on hot or cold days.
 - C) people who don't like to exercise.
 - D) people who want to exercise at home.
17. The most likely purpose for writing this exercise routine is ...
 - A) to persuade readers to go to the gym more often.
 - B) to inform readers about an easy exercise routine that will strengthen their stomach muscles.
 - C) to entertain readers with a description of an amusing exercise routine called the bent-knee crunch.
 - D) to argue that exercising at home is better than going to the gym.
18. Which word signals the second step in the order of the exercise routine?
 - A) Next
 - B) Then
 - C) Finally

19. Which word signals the third step?
- A) Next
 - B) Then
 - C) Finally
20. Which word signals the fourth step?
- A) Next
 - B) Then
 - C) Finally

Part 3

Writing Assignment

Think of an exercise routine that someone can easily do at home. It can use items around the house, such as books, chairs, or bottles. Write a description of the exercise routine. Think about your audience and purpose for writing. Perhaps your audience is older people who need a gentle, easy exercise routine. Perhaps it's people recovering from an injury.

Use signal words (*first, second, third, then, next, finally*) to show the order of the activities in the routine. Use the simple present tense.