

Choose the correct option.

- 1 We should warm *up* / *down* before the match.
- 2 Are you following a training *programme* / *practise* to get fit?
- 3 I'm looking for a new tennis *strength* / *coach*.
- 4 I lost my *balance* / *stretch* when I was standing on one leg.
- 5 She has such good football *skills* / *exercises*.
- 6 I'm working on improving my *programme* / *strength*.

Complete the sentences with these words.

exercises practise programme
stretch warm work

- 1 How many times a week do you *work* out?
- 2 What is the best way to _____ up before doing sport?
- 3 Can you show me how to _____ my legs properly?
- 4 I'm going to _____ my dance routine this evening.
- 5 This website has lots of great _____ you can do at home with no equipment.
- 6 The training _____ includes running, yoga and swimming.