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4.5 Listen again. For each question, choose the correct answer.

- 1 How does Ryan feel about training at the gym?
 - A He doesn't like having to work so hard.
 - B He usually enjoys it even though it's not easy.
 - C He'd prefer to stay in bed on weekdays.
- 2 What does Ryan find the most difficult about being a gymnast?
 - A getting up early in the morning
 - B eating a special diet
 - C training under pressure
- 3 Ryan started gymnastics because
 - A he saw a programme on television.
 - B his mother made him do it.
 - C his sister was a competitive gymnast.
- 4 What does Ryan say is his main motivation?
 - A winning
 - B becoming famous
 - C being as good as other athletes
- 5 Ryan says that the key to being a successful athlete is
 - A the time you put in.
 - B having a good coach.
 - C following certain rules.
- 6 Ryan feels that gymnastics has taught him
 - A to be more confident.
 - B to appreciate his family.
 - C to organise his time.

