

A

LISTENING



Listen to a fitness and exercise plan

VOCABULARY

1 0:30 Listen and number.



adjust



balance



crucial



current



enable



eventually



maintain



monitor

2 0:30 Listen and fill in the blanks.

1. Having a coach will _____ you to train more efficiently.
2. The most _____ thing in weightlifting is using proper form.
3. Isabella _____ her nutritious diet even though her friends often eat fast food.
4. To build strength, you need a good _____ of protein, healthy fats, and complex carbohydrates.
5. If you keep following this fitness plan, you will _____ reach your goal.
6. Mateo plans to _____ his exercise routine to include more swimming.
7. Athletes need to _____ their heart rate during intense workouts.
8. The _____ trend in fitness is focusing on functional strength rather than just aesthetics.

