PRESENT SIMPLE & PRESENT CONTINUOUS

COMPLETE THE SENTENCES WITH THE CORRECT FORM OF THE VERB IN BRACKETS.

PRESENT SIMPLE
- for habits and routines
- for general truths

PRESENT CONTINUOUS
- for actions happening now
- for temporary actions

1. 
She _____ (run) on the treadmill right now.

2. 

He _____ (go) to the gym five times a week.

3. 
They _____ (stretch) before their workout now.

4. 
He usually _____ (do) bench presses on Monday.

5. 
I _____ (use) the exercise bike at the moment.

6. 

We _____ (use) kettlebells and resistance bands in our classes.

7. 
Look! He _____ (do) push-ups.

8. 
My sister _____ (train) her back these days.

9. 
He _____ (jump rope) in his warm-up now.

10. 

She always _____ (do) squats for her legs.

11. 
I _____ (row) because I love cardio.

12. 
They _____ (use) the leg press machine every Friday.

13. 
She _____ (do) a plank right now.

14. 
I _____ (lift) weights three times a week.

15. 
We _____ (use) the foam roller after training now.

16. 
She usually _____ (do) lunges on Saturdays.

17. 
Look! He _____ (do) pull-ups.

18. 
I usually _____ (drink) a lot of water every day.

19. 
She _____ (not / use) the elliptical machine today.

20. 

The gym _____ (open) at 6 a.m. every day.

WORK HARD TODAY FOR A STRONGER TOMORROW!

LIVEWORKSHEETS