



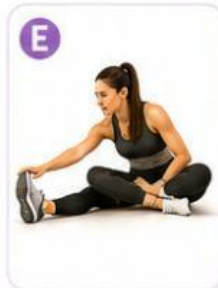
EXERCISES & ACTIONS

♥ AT THE GYM ♥

NO RULES
English

★ Match the exercises with the correct pictures.

1. warm up ☐
2. stretch ☐
3. do squats ☐
4. do lunges ☐
5. do push-ups ☐
6. do sit-ups ☐
7. do crunches ☐
8. do a plank ☐
9. lift weights ☐
10. run on the treadmill ☐
11. walk on the treadmill ☐
12. ride an exercise bike ☐
13. jump rope / skip rope ☐
14. do pull-ups ☐
15. do bench presses ☐
16. do deadlifts ☐
17. do hip thrusts ☐
18. do bicep curls ☐
19. do burpees ☐
20. rest ☐



♥ Keep moving, keep growing! ★