SMART GYM

Smart Gym – 15-02-2021

level 3

How well do you remember the article?

Fill in the blanks with the missing word (*write the word in full letters*), then check your answers with the recording:

At-home fitness tools have seen s_____ jump during the coronavirus pandemic.

Tonal is just one of many companies betting on g_____ demand for at-home smart gyms, and experts have confirmed that the coronavirus will bring p_____ change in how people e_____. People have l_____ time to meet physical activity recommendations, and now, many are in i_____ or quarantine. With the s_____ of gyms, there has been an acceleration towards w_____ at home.

Smart gyms aren´t c_____, and the equipment alone can c_____ over 1,000 dollars each. The equipment can recognize how com_____ you do some moves, and it adds up the w_____ naturally. Smart gyms are personalized to c_____, and they can give you workout friends who support and mo_____ you. Support is key to long-term fitness g_____, especially when w_____ out at home.

https://www.newsinlevels.com/products/smart-gym

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SMART GYM

Definitions:

permanent (l_____ or c_____ for a long time), **shutdown** (the closing of a f_____, shop, or other b_____), **acceleration** (an i_____ in s_____), **quarantine** (when a person must stay a_____ from other people not to s_____ a disease), **community** (a group of people have s_____ ideas and opinions or they do the same thing), **progress** (when you _____ better ____ something).

Write the sentence with the given words:

tool which is people use gym a at home fitness

☛ Smart _____ .

your own training plan ***at home be a part of*** ***a community of exercise*** ***other people can also***

☛ You have _____ , and you _____ who _____ .

it makes the exercise ***really clever it can check*** ***how you move because*** ***easier or harder***

☛ Smart gym is_____,

and_____.

share help harder progress people other you your with work

☛ You can _____,

and they can_____.

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Here is the original video:

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