

REAL VOCABULARY AT THE GYM SCRIPT

QUESTION/ANSWERS: **Main movements and Machines**

PERSONAL TRAINER: Hi there! Are you ready for your initial consultation?

YOU: Ready as I'll ever be!

PERSONAL TRAINER: [chuckles] Well, this should only take about 20 minutes. And it looks like you've come prepared with your workout clothes and water bottle. So, you're off to a good start... So, a couple questions before we take a look at the machines. Do you have any injuries or surgeries that I should know about?

YOU: Hmm... about a year ago I hurt my lower back, but it's much better now. I think that's about it.

PERSONAL TRAINER: I see. Good to know. [taking notes] And any medical conditions that could prevent you from doing certain activities or require adjustments in your training program?

YOU: Not that I know of. I'm pretty healthy. Just out of shape, that's all!

PERSONAL TRAINER: [laughs] Great, well that's what I'm here for. So, let's get started. I'm going to take you on a quick tour of the gym first. ... Over here is the free weight room and right next to it we have our treadmills.

YOU: Do you have any other cardio machines?

PERSONAL TRAINER: Oh, absolutely! If you see over there, there are stair climbers, rowing machines, spin bikes, and elliptical machines. Now over in this room, you'll see the weight machines. Here you can work on your legs, arms, and abs. There are some weight benches in front of that mirror as well.

YOU: Is there usually a time limit to be on each machine?

PERSONAL TRAINER: Not really. Most people do two or three sets of about 15 reps, but it depends on the person. Just talk to the next person, and it should be fine. Don't forget to wipe off the machines when you're done.

YOU: Got it. And I heard there was an outdoor area? Like CrossFit style?

PERSONAL TRAINER: I almost forgot! Yeah, we have a cross training area in this outside space over here. ...

YOU: This is really great. I was excited to see this part of the gym.

PERSONAL TRAINER: Finally, there are two workout spaces where we do our classes, like yoga, pilates, zumba, or kickboxing.

YOU: Wow, zumba! That's great!

PERSONAL TRAINER: Oh yeah, you can pick up a schedule in the front. ... So, if you are looking to work out a couple times a week. A good training schedule would be about 15-20 minutes of intense cardio on the stairmaster or treadmill, followed by alternating upper and lower body workouts on the machines. What do you think?

YOU: That sounds good. I'd like to work specifically on my abs and glutes first.

PERSONAL TRAINER: Great! Let me take you through the steps on the ab cruncher and leg extension machine.

YOU: These look impossible!

PERSONAL TRAINER: You will learn fast, I'm sure. You can also do dumbbell lunges in the free weight room or the resistance bands in the workout space over there.

YOU: Great, let's get to work.

PERSONAL TRAINER: Just follow me.