

REAL VOCABULARY AT THE GYM BEGINNERS

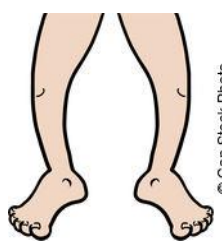

Leia o seguinte texto e preencher os espaços com as palavras no quadro.

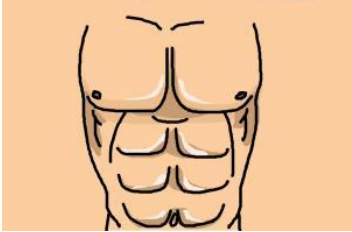

contract	discount	refund	price
guest	annual	initiation	sign up

Facts about a gym membership

1. It should take about 15-20 minutes to _____.
2. You need to sign a _____.
3. The _____ depends on which membership you sign up for. For example, an _____ membership is \$420, or \$35 a month. A month by month membership is \$540, or \$45 per month.
4. If you have a corporate or family _____ is will be cheaper.
5. The _____ fee is a one-time payment of \$49.
6. You can bring a _____ with you once a month.
7. In most situations, you will get a full _____ if you cancel.

Match the picture with the correct answer.

1		<ol style="list-style-type: none"> 1. arm 2. back 3. abs 4. leg
2		<ol style="list-style-type: none"> 1. arm 2. back 3. abs 4. leg

3		<ol style="list-style-type: none">1. arm2. back3. abs4. leg
4		<ol style="list-style-type: none">1. arm2. back3. abs4. leg

Choose the best answer.

1. Which of the following is the best response?

PERSONAL TRAINER: Are you ready for the initial consultation?

YOU: _____.

- a) Hm... about a year ago.
- b) I see.
- c) I think so!
- d) Good to know!

2. Which of the following is the best response?

PERSONAL TRAINER: Do you have any injuries or surgeries?

YOU: _____.

- a) I hurt my lower back a year ago.
- b) I'm pretty out of shape.
- c) No, I have a water bottle.
- d) Yes, I'd like to work on my abs.

3. Which of the following is the best response?

PERSONAL TRAINER: Do you have any medical conditions?

YOU: _____.

- a) It's much better now.
- b) Yes, I'm a very healthy person.
- c) I'm ready as I'll ever be!
- d) Not that I know of.

4. Which of the following is the best response?

YOU: Is there a time limit on each machine?

PERSONAL TRAINER: _____.

- a) Yes, about 15 reps.
- b) These look impossible!
- c) Not really, it depends on the person.
- d) About 15-20 of intense cardio.

5. Which of the following is the best response?

YOU: Are there any other cardio machines?

PERSONAL TRAINER: _____.

- a) Not really, it depends.
- b) That sounds good.
- c) Yes, absolutely!
- d) Great!