

## Daily Life - Going To The Gym (C0130)

A: Hey there, you look a little lost. Are you new here?

B: Yeah how'd you know?

A: You can always spot the newbies. I can give you a few pointers if you want. Were you trying to use this machine here?

B: Yeah! I just started my training today and I'm not really sure where to begin.

A: It's ok, I know how it is. This machine here will work out your upper body, mainly your triceps and biceps. Are you looking to develop strength or muscle tone and definition?

B: Well, I don't want to be ripped like you! I just want a good physique with weights and cardio.

A: In that case you want to work with less weight. You can start off by working ten to fifteen reps in four sets. Five kilo weights should be enough. Now it's very important that you stretch before pumping iron or you might pull a muscle.

B: Got it! Wow is that the weight you are lifting? My goodness that's a lot of weight!

A: It's not that much. Just watch... I'm ok...

### Key Vocabulary

**pump iron**

*principle*  
*verb,*  
*present*  
*progressive*

to lift weights in order  
to make your muscles  
strong

**pull a muscle**

*principle*  
*verb,*  
*present*  
*simple*

to hurt (a muscle, ten-  
don, or ligament) by  
stretch

pointer	<i>common noun, plu- ral</i>	suggestions, help
physique	<i>common noun, non- variable</i>	the size and shape of a person's body
ripped	<i>Adjective</i>	having a strong and muscular body or shape

### Supplementary Vocabulary

barbell	<i>common noun, sin- gular</i>	a long metal rod to which heavy discs are attached at each end for weightlifting
treadmill	<i>common noun, sin- gular</i>	an exercise machine that consists of a con- tinuous moving belt on which to walk or jog
spinning	<i>common noun, sin- gular</i>	an aerobic exercise that takes place on a spe- cially designed station- ary bicycle

scale

*common*  
*noun, sin-*  
*gular*

An instrument or machine for weighing

sit-up

*common*  
*noun, sin-*  
*gular*

an exercise performed to work out the abdominal muscles