

At The Gym

Intermediate (B1-B2)



WARM-UP DISCUSSION

Choose the option that feels more like you, then explain why.

1. Gym workout 🏋️ or outdoor activity 🌳
2. Early morning session 🌅 or evening workout 🌙
3. Cardio ❤️🔥 or strength training 💪
4. Group class 🧑🏿 or solo training 🎧
5. Mind-body focus 🧘 or pure motivation 🔥

Discuss:

- What helps you stay motivated to exercise?
- Do you think exercise affects your mood or energy? How?



VOCABULARY & SPEAKING

Part 1. Match the following gym equipment with its picture below. Try to explain how each piece of equipment is used.

Treadmill

Dumbbells

Rowing machine

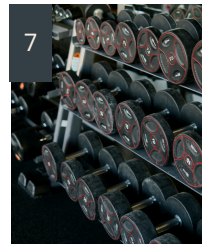
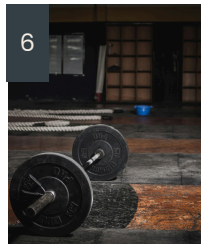
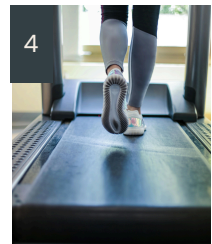
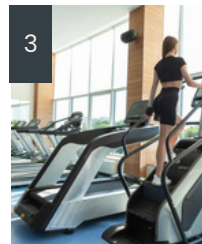
Barbell

Skipping rope

Exercise ball

Mat

Stair stepper



Part 2. Discuss the following questions.

1. Which equipment do you use or see most often?
2. Which do you find most effective or enjoyable?



Part 3. Match each exercise to its correct definition.

Chest press	Squats	Shoulder press	Push ups
Pull ups	Lunges	Deadlifts	Tricep dips

1. _____ strengthen your legs by lowering your body and standing back up.
2. _____ targets the chest muscles by pressing weights away from the body while lying down.
3. _____ focuses on the shoulder muscles by pressing weights overhead.
4. _____ require you to push your body up and down using your arms.
5. _____ focus on your legs and glutes by stepping forward and lowering your knee.
6. _____ are a type of weightlifting that targets multiple muscles at once.
7. _____ involve lifting your body using a horizontal bar.
8. _____ are a bodyweight exercise that primarily targets the triceps muscles.

Part 4. Discuss the following questions.

1. Which of these exercises have you done before? How often do you do them?
2. Which exercise do you find the most challenging? Why?
3. Can you think of any other exercises that are good for building strength?
4. Do you prefer bodyweight exercises or weightlifting? Why?

Part 5. Match each phrasal verb to its correct definition.

Work out	Tone up	Give up
Bulk up	Warm down	Build up

1. _____ To gradually improve strength or endurance.
2. _____ To increase muscle size.
3. _____ To improve muscle definition without gaining much size.
4. _____ To stop doing something.
5. _____ To exercise.
6. _____ To do light exercises to relax after an intense workout.

Part 6. Complete each sentence with your own ideas using the correct phrasal verb.

Work out

Tone up

Give up

Bulk up

Warm down

Build up

1. I usually _____ when...
2. I try not to _____ even when...
3. I'd like to _____ my...
4. Many people want to _____ before...
5. It's important to _____ after...
6. I'm slowly trying to _____ my...

DIALOGUE ACTIVITY

Part 1. Read the conversation and fill in the blanks with vocabulary or phrasal verbs from the lesson. Then, personalise it to your own gym habits.

Alex: Hey Jamie, I haven't seen you here in a while! Have you been _____ (1. phrasal verb) regularly?

Jamie: Not really. I _____ (2. phrasal verb) on my workout routine a few months ago, but I'm trying to get back into it.

Alex: That's great! What's your goal?

Jamie: I want to _____ (3. phrasal verb) my arms and legs, but I don't want to _____ (4. phrasal verb) too much.

Alex: Makes sense! You should try doing _____ (5. exercise) and using the _____ (6. gym equipment) for cardio.

Jamie: Good idea! What do you usually do at the gym?

Alex: I do a mix of strength and cardio. I always start with _____ (7. exercise) to warm up and finish with some _____ (8. phrasal verb) exercises to relax.

Jamie: That sounds like a good routine! Maybe I'll join you next time.



Part 2. Discuss the following questions

1. What realistic advice would you give someone returning to the gym?
2. How can gym habits also support mental health?

Part 3. Read each statement and decide if you agree, disagree, or partially agree. Then explain why.

1. Exercise is just as important for the mind as for the body.
2. You need a gym to stay fit.
3. Motivation is more mental than physical.
4. Rest and recovery are part of progress.
5. Exercise should always be challenging to be effective.

Discuss:

- Which statements describe your philosophy on exercise?

REFLECTION

Discuss the following questions.

1. How does exercise influence your mood or motivation?
2. What advice would you give someone starting at the gym?
3. What's one small, sustainable change you'd like to make to your fitness routine?

WRAP-UP TASK (OPTIONAL HOMEWORK)

Write about your current or ideal workout routine.

Include:

- 2 pieces of gym equipment
- 2 exercises
- 2 phrasal verbs from today's lesson

Explain how your routine benefits both your body and mind.