



Teacher's guide

At the Gym – Intermediate (B1-B2)

Canva Presentation Link: [🌐 Updated: At The Gym](#)

Editable Presentation Link: [🌐 Updated: At The Gym](#)

Editable Worksheet Link: [🌐 Student Worksheet: Updated: At The Gym](#)

Warm-up discussion

Students choose the option that feels more like them, then explain why.

Vocabulary & speaking

Part 1. Students match the gym equipment with its picture. Encourage students to explain how each piece of equipment is used.

Answer Key:

1. Rowing machine
2. Skipping rope
3. Stair stepper
4. Treadmill
5. Exercise ball
6. Barbell
7. Dumbbells
8. Mat

Rowing machine – A machine that simulates the action of rowing a boat.

Skipping rope – A piece of equipment used for jumping exercises.

Stair stepper – A machine that mimics walking up stairs.

Treadmill – A machine for walking or running indoors.

Exercise ball – A large inflated ball used for core exercises.

Barbell – A bar with weights attached to the ends.

Dumbbells – A set of weights used for strength training.

Mat – A soft surface for yoga and stretching exercises.

Part 2. Students discuss the questions.

Part 3. Students match each exercise to its correct definition.

Answer Key:

1. Squats
2. Chest press
3. Shoulder press
4. Push-ups
5. Lunges
6. Deadlifts
7. Pull-ups
8. Tricep dips

Part 4. Students discuss the questions.

Part 5. Students match each phrasal verb to its correct definition.

Answer key:

1. Build up
2. Bulk up
3. Tone up
4. Give up
5. Work out
6. Warm down

Part 6. Students complete each sentence with their own ideas using the correct phrasal verb.

Answer key:

1. Work out
2. Give up
3. Bulk up
4. Tone up
5. Warm down
6. Build up

Dialogue activity

Part 1. Students read the conversation and fill in the blanks with vocabulary or phrasal verbs from the lesson. Then, ask students to personalise it to their own gym habits.

Answer key:

1. Working out
2. Gave up
3. Tone up
4. Bulk up
5. Students recall any of the exercises from the lesson. (Squats, Chest press, Shoulder press, Push-ups, Lunges, Deadlifts, Pull-ups, Tricep dips.)
6. Students recall any of the cardio activities from the lesson. (Rowing machine, Stair Stepper, Treadmill, Skipping rope.)
7. Students recall any of the exercises from the lesson. (Squats, Chest press, Shoulder press, Push-ups, Lunges, Deadlifts, Pull-ups, Tricep dips.)
8. Warm down

Part 2. Students discuss the questions.

Part 3. Students read each statement and decide if they agree, disagree, or partially agree. Encourage students to explain their choices.

Reflection

Students discuss the questions.

Wrap-up task (optional homework)

Students write about their current or ideal workout routine.

Ask to students to include:

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