

Describing Exercise

- A. You're in great shape. Do you work out at a gym?
B. Yeah, I do. I guess I'm a real fitness freak.
A. So, how often do you work out?
B. Well, I do aerobics everyday after work. And then I play racquetball.
A. Say, I like racquetball, too.
B. Oh, do you want to play sometime?
A. Uh, how well do you play?
B. Pretty well, I guess.
A. Well, all right. But I'm not very good.
B. No problem, Rod. I won't play too hard?

Vocabularies:

Gym – A course in physical education

Work out – Physical or mental effort or activity directed toward the production or accomplishment of something.

Freak – weirdo; abnormality

Racquetball – A game played on a four-walled handball court by two or four players with short-handled rackets and a hollow rubber ball 2 1/4 inches (5.7 centimeters) in diameter.

Aerobics – A program of physical fitness that involves such exercise.

Expressions:

Do you work at a gym?

Yes. I guess I'm a real fitness freak.

How often do you work out?

I do aerobics everyday after work.

Practice:

- A. Do you _____ at a gym?
B. Yeah, I do. I guess I'm a real _____ freak.
A. So, how _____ do you work out?
B. Well, I do _____ everyday after work. And then I play racquetball.
A. Say, I like _____, too.
B. Oh, do you want to play sometime?
A. Uh...how well do you _____?
B. Pretty well, I _____.
A. Well, all right. But I'm not very _____.
B. No problem, Rod. I won't _____ too hard?

