

# At the gym

Talk about your workout. Share equipment. Get to know the people around you.



## OPENING VIDEO / 10-12 MIN

Gym Vocabulary – REAL ENGLISH LESSON · English by Giovana

Watch the whole video: 6 minutes 40 seconds.

## WATCH THE VIDEO ↗

[youtube.com/watch?v=pGQzlf0Jgwo](https://youtube.com/watch?v=pGQzlf0Jgwo)

Before: What three things would you show a friend at your gym?

While watching: Collect 3 pieces of equipment, 2 exercises and 1 new phrase.

After: Give your partner a short gym tour using your notes.

## 1 / WHAT WOULD YOU SAY?

Someone is using the machine you want. Which opening would you choose? Why?

**A**

“Are you finished?”

**B**

“How many sets  
have you got left?”

**C**

“I need this machine.”

Quick reactions: Someone asks what you are training today. You want to check if a bench is free. Someone asks how your workout is going.

# Sets, reps and the plan

2 / Match the vocabulary, then explain a workout aloud.

## 3

SETS

## 10

REPS PER SET

## 16 kg

EACH DUMBBELL

Dumbbell bench press · Rest: 90 seconds between sets

Say it: "I'm doing three sets of ten reps, with sixteen-kilo dumbbells."

### MATCH 1-8 TO A-H

1. a rep

A Increase the weight you lift.

2. a set

B Prepare your body before the main workout.

3. rest between sets

C One complete movement of an exercise.

4. warm up

D The way you position and move your body.

5. form

E Several repetitions performed together.

6. go heavier

F Pause before doing the exercise again.

7. train to failure

G Reduce the weight you lift.

8. drop the weight

H Continue until another rep with proper form is not possible.

### YOUR TURN

Change the numbers and explain your own version. Your partner asks:  
"How much weight is that in total?" and "How many sets have you got left?"

# Find the equipment

3 / Match the pictures to the words. Which ones do you use?

**barbell** • **dumbbells** • **bench** • **squat rack**  
**cable machine** • **weight plates** • **treadmill** • **kettlebell**

A




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B




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C




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D



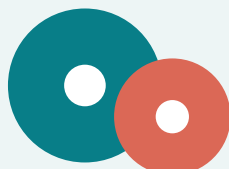

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E



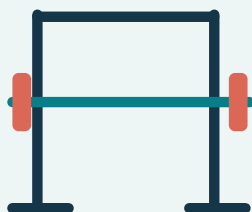

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F




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G




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H




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## FIND WHAT YOU NEED

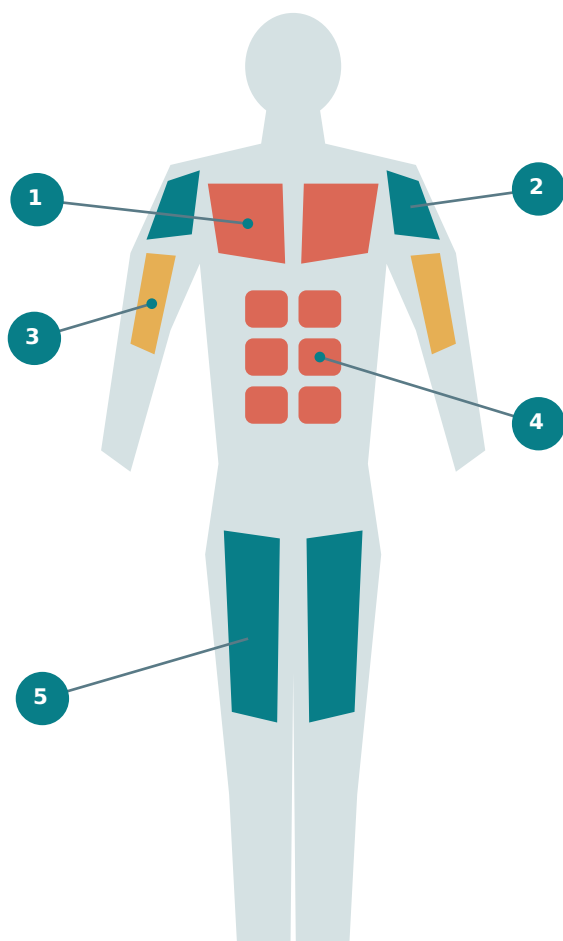
1. Two separate weights, one in each hand.
2. More weight to add to a long metal bar.
3. Somewhere to lie down for a chest exercise.
4. A handle attached to a cable.
5. Something to run on indoors.
6. Somewhere to position a bar before squats.

Gym tour: Give directions to three items. "The dumbbells are next to the benches." What is the difference between free weights and machines?

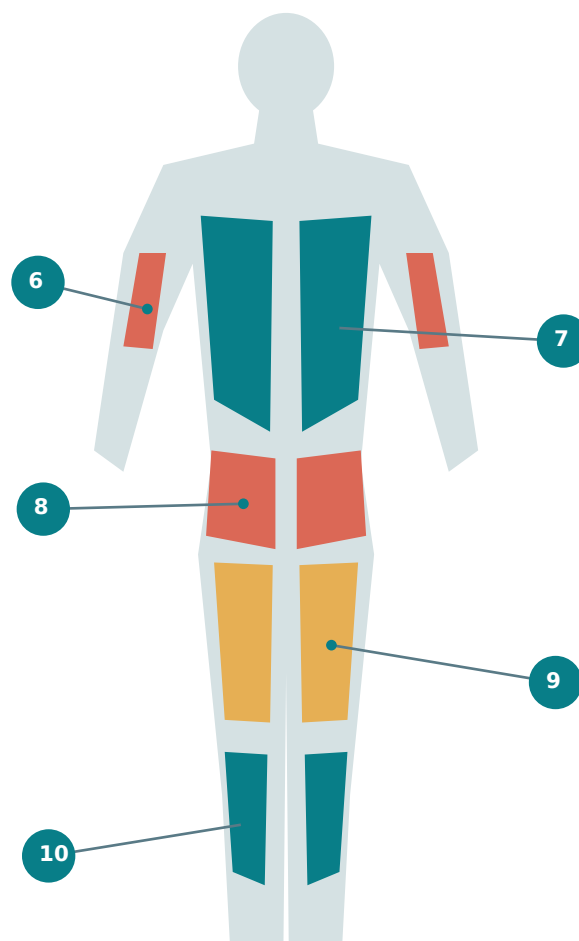
# Which muscles are you training?

4 / Match the numbered areas to the gym words. Then point to each area.

**pecs · biceps · triceps · abs · quads**  
**hamstrings · glutes · calves · delts · lats**



FRONT



BACK

Everyday gym talk: "I'm training chest and triceps today."  
"My quads are still sore." · "I can feel that in my glutes."

## CONNECT THE WORDS TO YOUR WORKOUT

Choose three exercises you know. "When I do ..., I'm mainly working my ..."  
Your partner asks: "What else do you do for that muscle group?"

# The exercise with no name

5 / Choose a picture. Describe the movement without naming the exercise.



A \_\_\_\_\_



B \_\_\_\_\_



C \_\_\_\_\_



D \_\_\_\_\_



E \_\_\_\_\_

## YOUR THREE CLUES

Position: "You stand / lie ..."

Equipment: "You hold ..."

Movement: "You bend / push / pull ..."

Muscles: "It works your ..."

Word bank: squat · biceps curl · press-up · pull-up · bench press

Make it harder: Your partner deliberately misunderstands a detail.

"So you're sitting down?" → "No, you're standing. There's a seated version too."

# Your workout takes a turn

6 / Choose three scenes. Solve each problem through a conversation.



## A Twenty kilos ... where?

Someone misunderstands your weight. Explain whether it is in total, on each side or in each hand.

Then explain your sets, reps and how much you have left.

## B The machine collector

One person has a bench, two pairs of dumbbells and a cable machine.

You need one of them. They say: "I'm using all of them." Negotiate politely.

## C A new training partner

"Do you want to train together?"

You would like to, but you use different weights and have only 20 minutes. Agree on what you can do together.

## D The enthusiastic adviser

Someone gives you advice you did not ask for. You do not fully understand.

Ask them to explain, then accept the suggestion or politely continue your plan.

Borrow a phrase: "Could we take turns?" · "Are you using both pairs?"  
 "Could you show me what you mean?" · "I'm following a programme."

# From small talk to familiar faces

7 / Read the messages. Explain the meaning and send a spoken reply.

**A****ALEX**

"Yesterday I said the workout was too easy. Today I'm negotiating with the stairs."

**M****MARA**

"My arms feel fine, but I can barely hold my shopping bags. My grip is exhausted."

**D****DAN**

"I planned to train shoulders today, but they're still sore. I might change my session."

For each message: explain it, ask about yesterday's workout and react naturally.

Feelings: sore = aching · tight = tense · stiff = not moving freely  
"My arms are shaking." · "My grip is giving out."

## 8 / FINAL CHALLENGE • THREE SHORT CONVERSATIONS

**1**

### Before training

Find out their plan. Explain yours, using a muscle and an exercise.

**2**

### Between sets

Share equipment. Explain your weights, sets and reps.

**3**

### On the way out

Ask how it went. Mention a success or difficulty. Say goodbye.

Keep it going: "Is that your usual weight?" · "Same here!"  
"I'll let you get back to it. See you next time!"

# Teaching notes and answers

One-to-one speaking lesson. Show pages 1–7 to the learner.

## PACE AND PURPOSE

Aim for 65–75 minutes: opening video and lead-in 12; sets 7; equipment 7; muscles 8; exercise descriptions 7; role-plays 10; messages 6; final conversations 8. For 60 minutes, use two role-play scenes and one message. Repeat a short exchange after feedback.

## ANSWER KEY

2 Sets: 1 C; 2 E; 3 F; 4 B; 5 D; 6 A; 7 H; 8 G.

3 Pictures: A cable machine; B dumbbells; C treadmill; D barbell; E bench; F weight plates; G squat rack; H kettlebell.

3 Situations: 1 dumbbells; 2 weight plates; 3 bench; 4 cable machine; 5 treadmill; 6 squat rack.

4 Muscle map: 1 pecs; 2 delts; 3 biceps; 4 abs; 5 quads; 6 triceps; 7 lats; 8 glutes; 9 hamstrings; 10 calves.

5 Exercises: A squat; B biceps curl; C press-up; D pull-up; E bench press.

## FEEDBACK TO FEED BACK INTO SPEAKING

"I make three series." → "I do three sets."

"I have muscle fever." → "My muscles are sore." (Romanian: febră musculară.)

"Twenty kilos in every hand." → "Twenty kilos in each hand."

"I train the back." → "I'm training back today."

"Can we change each other?" → "Can we take turns?"

## STRONGER PHRASES

"I'm aiming for eight to ten reps." · "I'm focusing on my form."

"I'm going a bit lighter today." · "I've only got one more set."

"Do you mind if we take turns?" · "Let me know when you're finished."

"I'll put the weights back." · "Could you spot me for this set?"

## KEEP THE INTERACTION NATURAL

Short replies such as "Two more sets" are natural. In exercise 5, judge the clarity of the description, not fitness expertise. Add a twist to the final task: a forgotten exercise name, a misheard number, or an early departure. Ask the learner to clarify and continue.

# Teacher reference

Vocabulary support, video information and suggested responses.

## USEFUL DISTINCTIONS

A rep: one complete movement. A set: a group of repetitions. A workout: the full session. Work in: share equipment by alternating sets. Spot someone: be ready to assist during a lift. Free weights: weights such as dumbbells and barbells that are not attached to a machine.

The muscle map is a simplified location guide for vocabulary, not a detailed anatomy chart. Everyday gym talk often uses chest, back, shoulders and legs. Pecs, delts and lats are useful informal abbreviations. Accept both full names and common gym terms.

## MODEL RESPONSES FOR THE ROLE-PLAYS

A: "Twenty kilos in each hand, so forty altogether. I'm doing three sets of ten. I've got one set left."

B: "Are you using this pair right now? Could I use them while you're on the cable machine? I'll bring them straight back."

C: "Sure. I'm training back today, but I need to leave in twenty minutes. Shall we take turns on this machine?"

D: "Could you explain what you mean? Thanks for the suggestion. I'm following a programme, so I'll stick with that for now."

## OPENING VIDEO

Gym Vocabulary – REAL ENGLISH LESSON

English by Giovana · YouTube · Published 17 November 2024

Full video: approximately 6:40. The video uses American English; keep British classroom terms such as press-up and exercise bike. The viewing task is open-ended: accept relevant examples the learner identifies.

<https://www.youtube.com/watch?v=pGQzIf0Jgwo>

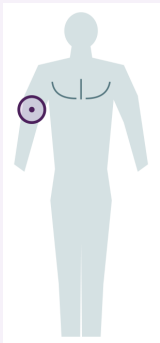
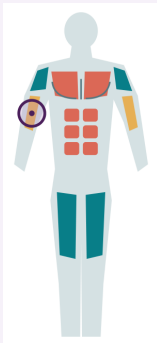
Original learning activities and illustrations. Gym scenes are AI-generated; equipment and muscle-location diagrams are original vector artwork.

# See it. Connect it. Say it.

Use what you have already learnt to explain a workout in complete sentences.

Name the equipment, body part, muscle, and exercise. Then connect them in one or two sentences. Cover the word help when you feel ready.

## 01 Connect the four pictures

| EQUIPMENT                                                                         | BODY PART                                                                          | MUSCLE                                                                              | EXERCISE                                                                             |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
|  |  |  |  |

**Word help:** dumbbells · upper arms · biceps · biceps curls

**Keep talking:** How many sets and reps do you usually do?

### ONE POSSIBLE ANSWER

“With dumbbells, I **do** biceps curls to **train** my upper arms, especially my biceps.”

**do** = fac    **train** = antrenez

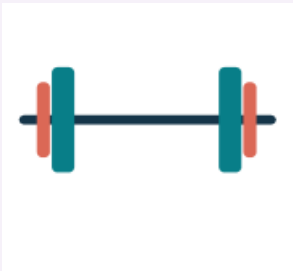
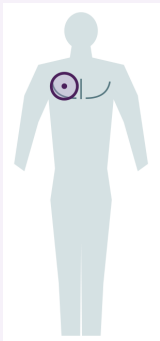
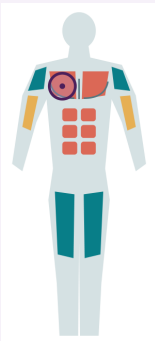
**Try another structure:** I use ... for ... to work my ... .

**Say more:** I do ... sets of ... reps. Afterwards, my ... feel ... .

# Turn vocabulary into sentences.

Say your sentence first. Use the word help only when you need it.

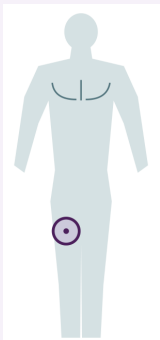
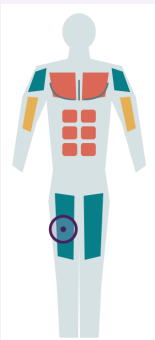
## 02 Build a chest-training sentence

| EQUIPMENT                                                                         | BODY PART                                                                                  | MUSCLE                                                                                      | EXERCISE                                                                            |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  | <br>FRONT | <br>FRONT |  |

**Word help:** barbell · chest · pecs · bench press

**Keep talking:** Add how much weight you use: in total, on each side, or in each hand.

## 03 Use your own body weight

| EQUIPMENT                                                                           | BODY PART                                                                                    | MUSCLE                                                                                        | EXERCISE                                                                              |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  | <br>FRONT | <br>FRONT |  |

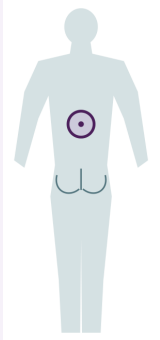
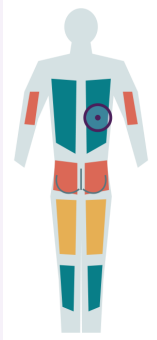
**Word help:** body weight · thighs · quads · squats

**Keep talking:** Add a sentence about how your legs feel afterwards.

# Explain the movement.

Connect the pictures, then answer the follow-up question.

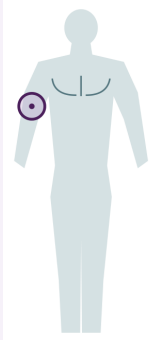
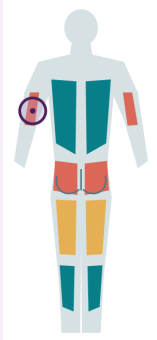
## 04 Describe a pulling movement

| EQUIPMENT                                                                         | BODY PART                                                                                 | MUSCLE                                                                                     | EXERCISE                                                                            |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  | <br>BACK | <br>BACK |  |

**Word help:** bar on a rack · back · lats · pull-ups

**Keep talking:** Describe the movement without saying the name of the exercise.

## 05 Finish with your own explanation

| EQUIPMENT                                                                           | BODY PART                                                                                    | MUSCLE                                                                                       | EXERCISE                                                                              |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  | <br>FRONT | <br>BACK |  |

**Word help:** body weight · upper arms · triceps · press-ups

**Keep talking:** Compare this exercise with the bench press. What is similar or different?

**Final challenge:** Choose three exercises and describe a short workout. Name the equipment, body parts and muscles, then add sets, reps and how you feel.