1. Listen to the part of the interview about Barbora’s typical working day. Fill in the verbs in the correct form.

I usually \_\_\_\_\_\_\_\_\_\_\_\_ at 7am with group lessons. For example, I \_\_\_\_\_\_\_\_\_\_\_ a CrossFit lesson with children. I also \_\_\_\_\_\_\_\_\_\_\_ special adaptive clients. These lessons \_\_\_\_\_\_\_\_\_\_\_one-to-one, me and the client. We\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_ them to \_\_\_\_\_\_\_\_\_\_\_\_ more independent and to \_\_\_\_\_\_\_\_\_\_\_\_ better. I \_\_\_\_\_\_\_\_\_\_\_\_ for about 55 minutes with each client. We \_\_\_\_\_\_\_\_\_\_\_ special exercises together to \_\_\_\_\_\_\_\_\_\_\_\_ their condition.

1. Odd one out.
2. weights – sportswear – kettlebell – bar
3. morning – sometimes – usually – every day
4. typical – special – equipment – normal
5. to train – to exercise – to do exercises – to get hurt
6. Read or listen to the text again and answer the following questions.
7. What time does Barbora usually start work? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. What do you need to become a fitness trainer? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. What do clients wear when they train? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. Does Barbora have lessons with children, too? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
11. How can Barbora help her clients? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Discuss with a friend.

1. What can you do to be fit? And what do you really do to be fit?
2. Do you sometimes go to the gym (when they are open)?
3. What is your favourite sport?