

The ten biggest myths in fitness

Level 2 • Upper intermediate

KEY

2 Key words

1. myth
2. soreness
3. tear
4. fluctuation
5. scales
6. midriff
7. belly
8. lean
9. novice
10. benefit

3 Choose the heading

1. section 9
2. section 4
3. section 3
4. section 10
5. section 7

4 Comprehension check

1. F
2. T
3. F
4. F
5. T
6. T

5 Find the word

1. deliberately
2. calorie
3. popularize
4. throw away
5. persist
6. put in
7. willpower
8. mimic

6 Two-word expressions

1. f
2. c
3. e
4. b
5. a
6. d

7 Word-building

1. repetition
2. fluctuation
3. performance
4. recovery
5. movement
6. injury