

The ten biggest myths in fitness

Level 1 • Pre-intermediate / Intermediate

KEY

2 Key words

1. myth
2. sore
3. tear
4. scales
5. lean
6. recovery
7. pointless
8. novice
9. stimulus
10. benefit

3 Choose the heading

1. section 9
2. section 4
3. section 3

4 Comprehension check

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

5 Chunks

1. a lower risk of injury
2. make progress without pain
3. a true measure of progress
4. a sign of a good workout
5. before the days of the internet
6. there is some truth in this

6 Prepositions

1. by
2. in
3. around
4. of
5. to
6. from

7 Word-building

1. repetition
2. injury
3. movement
4. fitness
5. patience
6. confidence