

## Lesson 76: Sports/ Exercises

By Xandra

### 1. Dialogue

First, repeat after your tutor. Then, practice each role.

Mario, the Yoga Teacher: (in the gym) Hi. Are you joining the yoga class?

Kei: Yes. This will be the first time for me.

Mario: You look like you're in good shape. Do you work out regularly?

Kei: I do some lifting and I run every day. My trainer suggested that I should do yoga. He said it will help relax my tensed muscles.

Mario: Since you've never done yoga before, don't push yourself too far on the stretches. Listen to your body and do what you can for now.

Kei: Okay. Can I stay in the back row? My poses will look klutzy for sure. Some students look like they've been doing this for years.

Mario: Don't worry. They're just here to exercise. They also went through the awkward stage when they were beginners.

Kei: What if I **pull a muscle** or get a leg cramp?

Mario: Just get my attention and I will assist you.

### 2. Today's Phrase

First, repeat after your tutor. Then, make a few sentences using Today's phrase.

1. I did a lot of heavy lifting yesterday. I think I **pulled a muscle** in my back.
2. Be careful in moving the furniture. You might **pull a muscle** doing that.
3. Jack **pulled a muscle** while working out in the gym.

\* pull a muscle / 筋を達える

### 3. Your Task

Your friend (=your tutor) wants to get in shape and he/she has sought your advice. Recommend a good sport for him/her. Tell him/her the benefits of your recommended sport and suggest a schedule.

### 4. Let's Talk

What kind of sport are you engaged in?

How often do you exercise?

Which do you prefer: doing exercises in a fitness gym or doing outdoor sports? Explain your answer.

### 5. Today's photo

Describe the photo in your words as precisely as possible.



Image courtesy of Sura Nualpradid / FreeDigitalPhotos.net