

Let's practice

English at the gym!

Monday 2nd May

open english 15 años

Let’s practice English at the gym!

Are you a fitness fanatic who loves going to the gym or working out at home? Are you also an avid English learner wanting to expand your vocabulary and be able to speak like a native speaker? Well look no further than our guide to exercising in English! Along with vocabulary relating to exercise from today’s class we also want to give you your very own fitness routine that can be done at home with no equipment needed!

Fitness Routine:



Bodyweight squats: 20 reps



Push-ups: 10 reps



Lunges: 10 each leg



Jumping Jacks: 30 reps



Plank: 15 seconds

Circuit training meant to be repeated as many times as possible



Exercise vocabulary:

English	Spanish
Warm up	Calentarse
Cool down	Enfriar
Do exercise	Hacer ejercicio
Work out	Hacer ejercicio
Squats	Sentadillas
Push-ups	Flexiones
Lunges	Zancadas
Plank	Plancha
Jumping jacks	Saltos de tijera
Sit-up	Hacer abdominales

Exercise your body with this workout and exercise your mind by learning English with teachers who are native English speakers on our incredible platform which is 100% online!

