

The ten biggest myths in fitness

Level 3 • Advanced

KEY

2 Key words

1. myth
2. soreness
3. fluctuation
4. scales
5. inevitable
6. midriff
7. stubborn
8. downtime
9. awkward
10. novice

3 Choose the heading

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

4 Comprehension check

1. by keeping the number of reps (repetitions) low
2. specific, targeted training
3. changes in body fat
4. by strengthening the muscles around your knee joints
5. because they allow for higher-intensity, better-quality movement, lower risk of injury and can lead to superior results
6. They involve less setup, allow more work and provide extra stimulus to isolated muscle groups.
7. the rowing machine
8. one that includes a mixture of cardio, resistance and mobility work

5 Find the word

1. limp
2. ridiculous
3. safeguard
4. mess with
5. lean
6. put in
7. mimic
8. longevity

6 Compound words

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

7 Word-building

1. indicator (or *indication*)
2. pointless
3. advisable (or *advised*)
4. recovery
5. predictive
6. resistance