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C1 MULTIPLE CHOICE:
WORKOUTS

Fill in the gaps in the text with the correct option (A-D). Only one answer may be possible.

So How Sore Should We Be After A Workout?

I believe that both the points of view that there is a necessity for an _____ (1) workout, but also the need for caution have very credible arguments. For example, if you are training as a bodybuilder and the goal of your workout is to put muscle on, then being sore after a workout tends to be a regular and necessary _____ (2) due to the demanding nature of the activity. You will hear the expression "I trained my legs so hard on Monday I can _____ (3) walk today!", it is an expectation that all professionals have. For the sports person who is "in _____ (4)", being sore is not very beneficial at all. Being sore will negatively _____ (5) recovery and performance so an alternative needs to be found. So what about the everyday person who works, socialises regularly and fitness is maybe not the number one priority? Should they be sore after a workout or have a _____ (6) training regime? When they first start, I would say yes. It is almost unavoidable as the body needs to adapt and get _____ (7) to the new demands placed on it. After let's say, two weeks of settling into a 2/3 day a week training routine the soreness will start to wear off. For the average Joe training in a sustainable way for life, I would lean towards training hard, but perhaps not to the point where they are sore for days afterwards. For these people, training "movements" rather than overloading individual muscle groups is far more efficient and effective. You may feel _____ (8) a day or so after the session, but not to the point where you can't move. If we train so hard we are sore days after a session this can add to our stress. Exercise is a stressor after all and if we are highly stressed then training ourselves to the point where we feel bruised and wearing a straight jacket is not going to help. It can affect our sleep and overall recovery.

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| 1. A. intense | B. crazy | C. extreme | D. alternative |
| 2. A. occurrence | B. happening | C. time | D. demand |
| 3. A. almost | B. barely | C. nearly | D. rarely |
| 4. A. heat | B. season | C. form | D. time |
| 5. A. effect | B. cause | C. affect | D. result |
| 6. A. ridiculous | B. extreme | C. rigorous | D. intense |
| 7. A. use | B. habitual | C. in | D. used |
| 8. A. hard | B. durable | C. suffering | D. stiff |

Answers:

1. A
2. A
3. B
4. B
5. C
6. C
7. D
8. D