

In the name of god



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Learning sport  
words  
conversations  
techniques  
equipments

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# words



## ∞ In shape

- ∞ I go to gym to get in shape.
- ∞ Get fit: to be in a healthy shape.
- ∞ Get toned: to have some line.
- ∞ Get cut: less fat and more muscles.
- ∞ Get shredded: very very cut, all muscles.
- ∞ Get jacked: to have huge muscles every where.

# words



**Bulk up:** some people go to gym to bulk up/ build up.

**Slim down:** some people go to gym to slim down/ burn fat.

When you go to gym you want to build muscles or burn fat.

# words



**Gym:** a location for athlete to do workout

**Athlete:** a person who is proficient in sport and other forms of physical exercise.

**Coach:** someone who trains a person or team of people in particular sport.

**Exercise:** train

**Workout:** hard exercise

# words



squats / چمباتمه زدن بشین پاشو

abs / عضلات شکم

Barbell / هالتر

Chest Press / پرس سینه

reps / تکرار

rest / استراحت

Dumbbell/ دمبل

# words



- ❧ incline press / پرس شیب دار
- ❧ Cable Crossover / طناب متقاطع
- ❧ Hamstring/ عضلات عقب ران
- ❧ Forward Lunge / پرتاب به جلو
- ❧ Dead-lift / بالا بردن (کشیدن) به صورت مستقیم
- ❧ complete / کامل
- ❧ plank / تخته



# words



❧ Raise / بالا بردن

❧ Twist / پیچش

❧ push up / شنا رفتن

❧ parallel / پارالل موازی

❧ Treadmill / ترد میل

❧ leg day / روز پا

❧ chest day / روز سینه



# words



- ❧ piggyback / کول
- ❧ Tenderloin / فیله
- ❧ Aerobic / هوازی
- ❧ Armpit / زیر بغل
- ❧ Forearm / ساعد
- ❧ thigh / ران
- ❧ Groin / کشاله ران
- ❧ warm up / گرم کردن

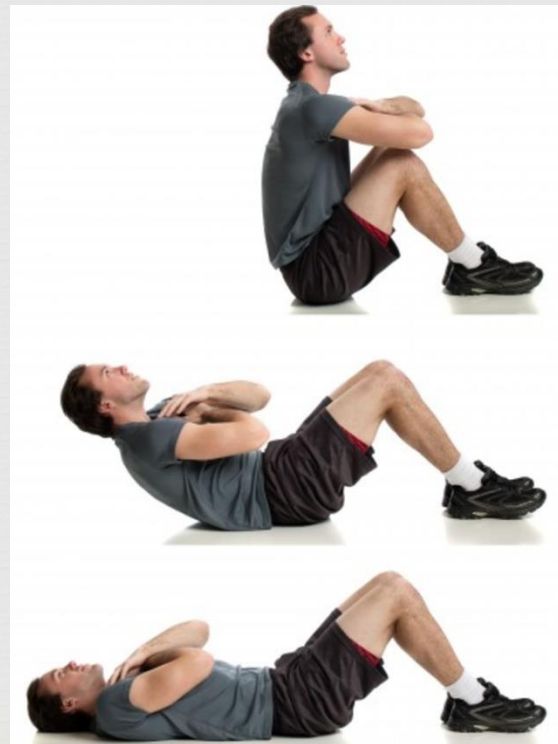
# Some kind of sport category

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∞ Ball game



∞ Sit-up



# Some kind of sport category



∞ Aerobic



∞ Martial arts



# Some kind of sport category

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∞ Body building

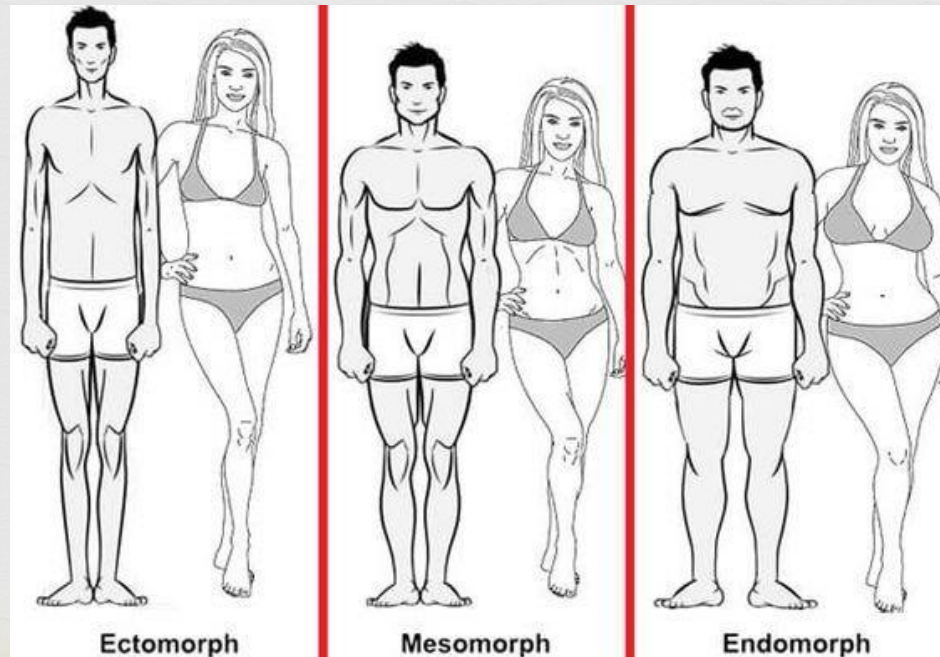




# fitness



- ☞ We have some body types
- ☞ Your body type can **influence** how you respond to different types of **workouts** and **diet plans**.



# fitness program/plan



## .1 Bodybuilding nutrition/ diet plan



# fitness program



## 2.training plan

BEGINNER'S TRAINING PLAN		
WEEK	TRAINING PLAN	TRAINING DURATION
1	1 min. RUN, 2 min. walk	21 min.
2	2 min. RUN, 2 min. walk	20 min.
3	3 min. RUN, 2 min. walk	20 min.
4	5 min. RUN, 2 min. walk	21 min.
5	6 min. RUN, 90 sec. walk	20 min.
6	8 min. RUN, 90 sec. walk	18 min.
7	10 min. RUN, 90 sec. walk	23 min.
8	12 min. RUN, 1 min. walk, 8 min. RUN	21 min.
9	15 min. RUN, 1 min. walk, 5 min. RUN	21 min.
10	20 min. RUN	20 min.

A stylized illustration of a woman with brown hair, wearing a white tank top and white leggings, running. She is positioned to the right of the training plan table.



# fitness program



## 3. aerobic training/ cardio





# fitness program



## 4. Weight training



# fitness program



## 5. Rest program



# What we can do at the gym?

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.1 chest press

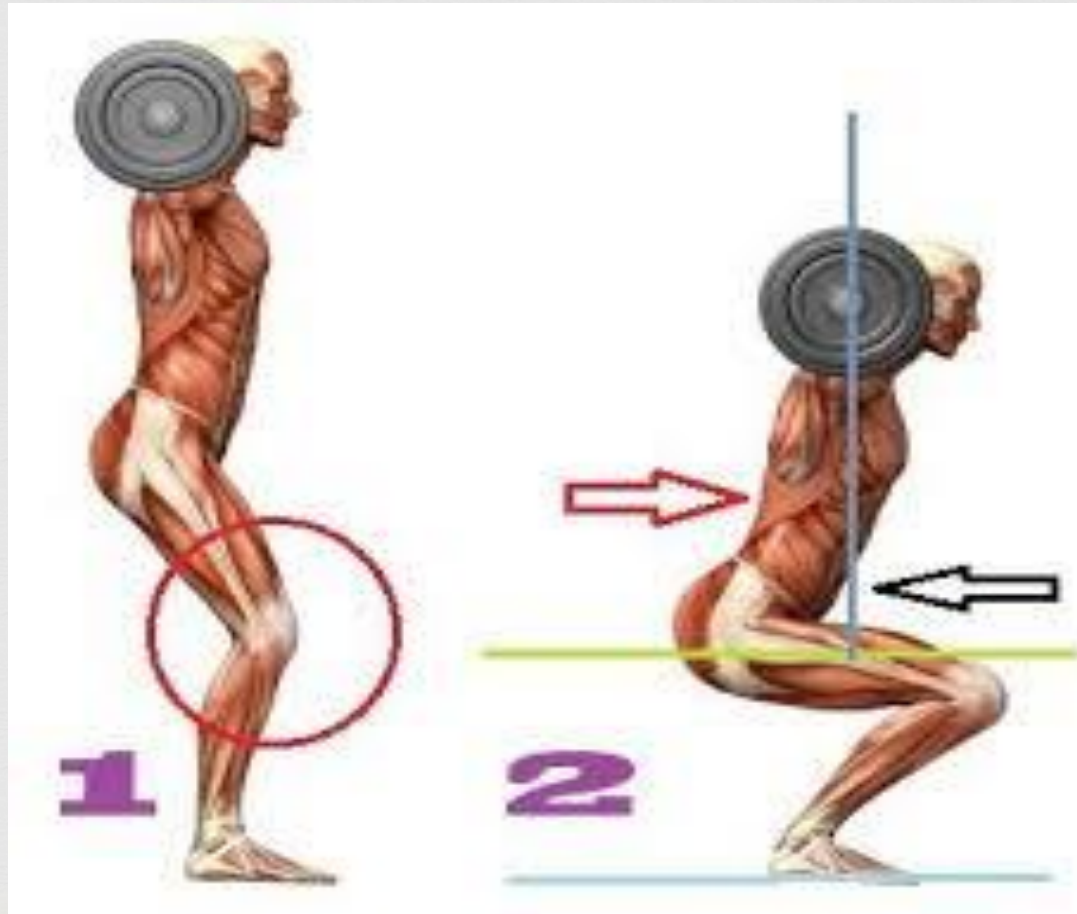




# What we can do at the gym?

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## .2 Do Squat





# What we can do at the gym?

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3. You can do **Pull up**



# What we can do at the gym?

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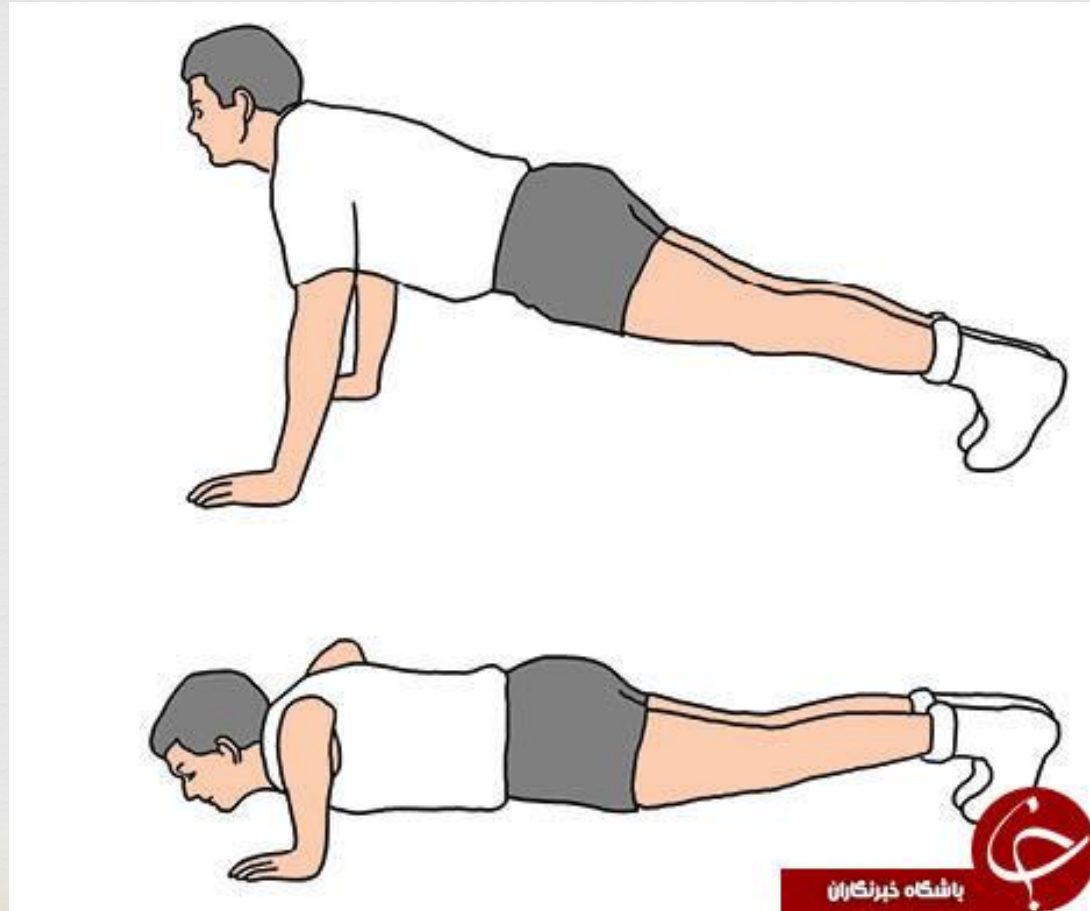
## 4. Do Plank



# What we can do at the gym?

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Do Push up



# Gym equipment's



## Squat station

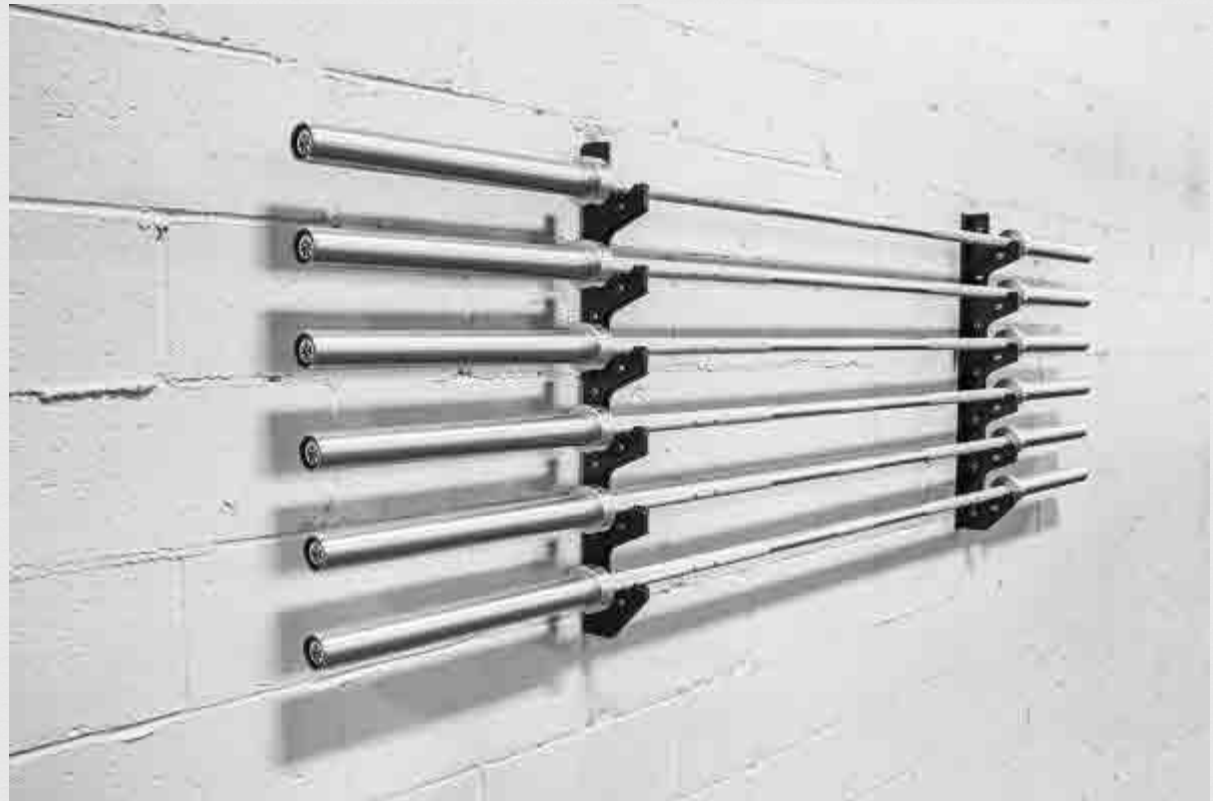




# Gym equipment's



## Barbells



# Gym equipment's



## Dumbbells



# Gym equipment's



## Bench Press



# Gym equipment's



## Incline Bench Press





# Gym equipment's



## Decline Bench Press



# Gym equipment's



## Hyper Extension Bench



# Gym equipment's



## Stability Ball



# Gym equipment's



## Cables and Pulleys





# Gym equipment's



## Abdominal Bench



# Gym equipment's



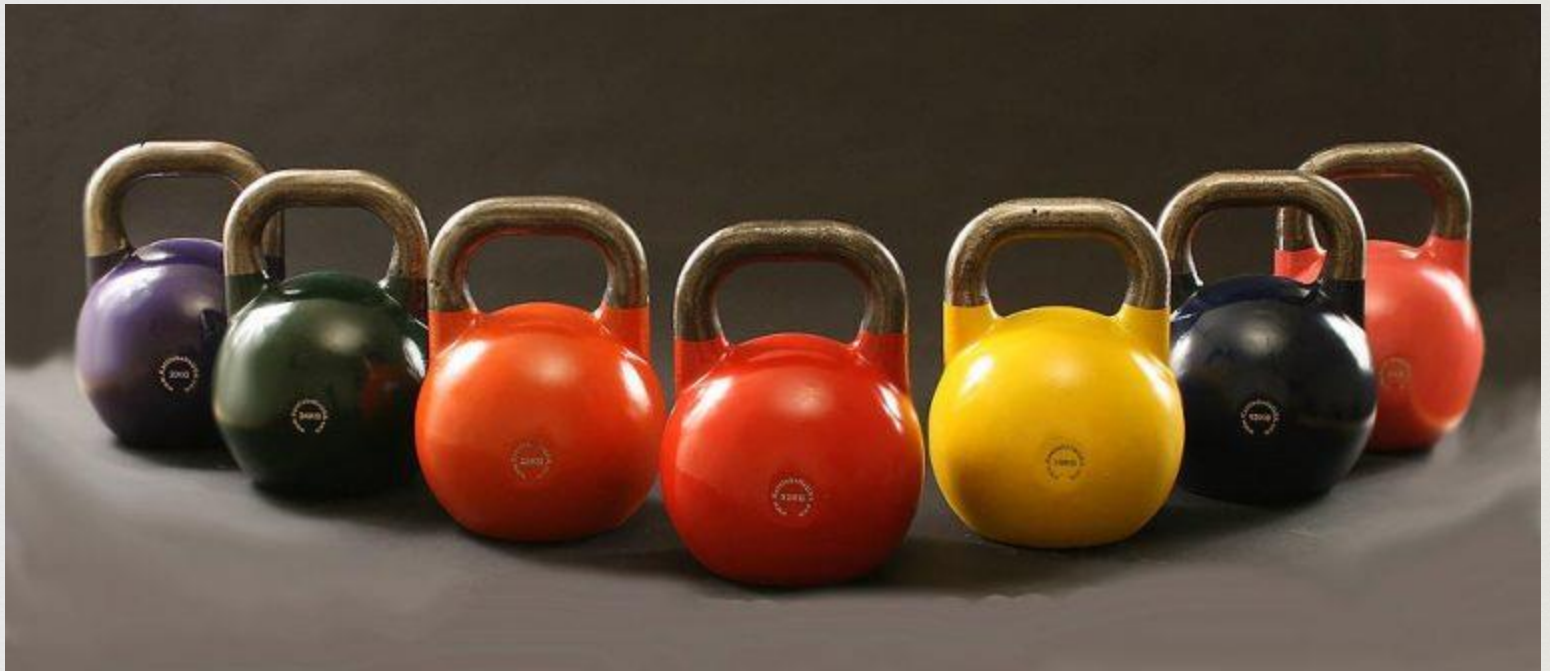
## Pull Up/Chin Up Bar



# Gym equipment's



## Kettle Bell





# Gym equipment's



## Foam Roller





# Gym equipment's



## Lat Pull Down Machine



# Gym equipment's



## Leg Extension Machine



# Gym equipment's



## Leg Curl machine



# Gym equipment's



## Preacher Bench





# Gym equipment's



## Hack Squat Machine



# Gym equipment's



## Smith Machine



# Gym equipment's



## Calf Machine





# Gym equipment's



## Standing Calf





# Gym equipment's



## Leg Abduction / Abduction Machine



# Gym equipment's



## Leg Abduction / Abduction Machine



LEG ABDUCTOR

# Gym equipment's



## Dipping Bars



# Gym equipment's



## Treadmill





# Gym equipment's



## Elliptical



# Gym equipment's



## Gym Bike



# Gym equipment's



## Plain Bench



# Gym equipment's



## low row cable machine





# Gym equipment's



## Medicine Ball



# muscles



- 1.Traps
- 2.Biceps/ triceps
- 3.Chest
- 4.Upper/lower back
- 5.Quadriceps
- 6.Hamstring
- 7.calves

# Conversation at the gym



☞ Hello. Welcome to Super Fitness. How can I help you?

☞ Hello. I would like to apply for a gym membership.

☞ Great. Please fill out this application form.

# Conversation at the gym



- ☞ Alright. How much is the membership fee?
- ☞ It's \$20 per month. But if you pay the fee annually instead of monthly, you will only need to pay \$200.
- ☞ Also, you need to pay a \$30 one-time sign-up fee.



# Conversation at the gym



❧ We want teach you how to use gym equipment.

❧ Hi. Are you done with this bike?

❧ Yes. It's all yours. Just let me towel it off for you.

# Conversation at the gym



I'm going to start with cardio and weights. I haven't worked out in a few months.

Have a good workout.

Hello. I am interested in signing up for a membership

# Conversation at the gym



- ☞ That's wonderful! How much is the charge?
- ☞ The fee is \$100 per month, but if you sign up for 6 months we give you a 20% discount.
- ☞ That sounds good. I will sign up for six months

# Conversation at the gym



- ☞ Today is my cardio and arms day. I am going to jog for a while and then work on my arms. How about you?
- ☞ I am working on my abs and legs today. I will be doing a lot of squats and sit ups



# Conversation at the gym



☞ Nice. Do you want to stretch together afterwards?

☞ Sure. I'll see you later. Have a good workout



Finish

Directed

By matin sabouri