

BEFORE YOU WATCH

A Look at the pictures. What are they doing? Use the words to make sentences.



1 Noemi / Christina / practice / dance moves



2 Christina / speak / on the phone



3 Eduardo / enter / the room



4 Eduardo / lift / weights /

B Where are Christina, Noemi, and Eduardo? Is this someplace you go? If not, where is a place you go for practice or exercise? How often do you go? What do you do there?

C **PREDICT** Look at the pictures in exercise A. Who do you think Christina is speaking to? What are Eduardo and Noemi talking about?

WHILE YOU WATCH



A Check your predictions from exercise C on page 9. Were you right?

B Check (✓) the sentences that are true. Correct the false ones. Compare with a partner.

1 Christina gets a call from her daughter.

2 Noemi is learning dance steps with Christina.

3 Noemi and Christina do not come to the gym often.

4 Eduardo never lifts weights.

5 Eduardo has a race next month.

6 Eduardo feels ready for the race.

7 Noemi watches dance videos every day.

8 Noemi gives Eduardo a tour of the gym.

9 Noemi and Christina make plans for Thursday.

C Complete the questions with the words you hear. Notice how the speakers use the present continuous.

Noemi Oh, Eduardo!

Eduardo Oh, hey, Noemi. ¹ _____ ?

Noemi Good, thanks! It's nice to see you.

Eduardo Yeah, it's great to see you, too. ² _____ ?

Noemi I'm learning some dance steps with Christina.

D Watch for details. Then **circle** the correct answers in each column. There can be more than one correct answer.

Tanith ...	The food trucks ...	Christina ...
is a teacher at the gym.	are closed during the week.	practices new dance steps with Noemi.
makes a new video every Tuesday.	are open on the weekend.	watches new videos every Tuesday.
is a dance vlogger.	are open only on Friday evenings.	talks on the phone with her aunt.
posts videos every day.	are where Noemi goes every night.	asks her daughter a question.

E Put the sentences in the order they happen in the video (1–7).

- _____ Christina gets a call from her daughter.
- _____ Eduardo and Noemi make plans to go to the food trucks together.
- 1 Noemi learns new dance steps with Christina.
- _____ Noemi offers to give Eduardo a tour.
- _____ Eduardo arrives at the gym.
- _____ Eduardo explains he is training for a race.
- _____ Noemi tells Eduardo who Tanith is.

F Correct the mistakes in the paragraph. There are eight others. Then compare with a partner.

Noemi

Christina and Rick are at the gym. Christina is teaching Noemi how to lift weights.

Christina stops to take a phone call from her friend when Eduardo leaves. Noemi greets her, and they start a competition about why he's at the gym. He explains he's training for a swimming contest, and Noemi tells him about the dance videos Christina makes.

Finally, Noemi and Eduardo make plans to see each other Thursday night.

G Complete the conversation with the words you hear. What word is repeated? Why is it repeated?

- Eduardo** What's a dance ¹ _____ ?
- Noemi** Well, it's a woman, Tanith. She's a ² _____, and she makes dance videos. There's a new dance ³ _____.
- Eduardo** Wow. Really? ⁴ _____ ?
⁵ _____ !
- Noemi** I know, right? Christina watches her videos every ⁶ _____ . She loves them, but I only watch them with her on Tuesdays.
- Eduardo** Yeah, every day is for ⁷ _____ dancers.
- Noemi** Hey! OK, OK. I'm not a ⁸ _____ dancer! But I'm good. Well, pretty good.

AFTER YOU WATCH

- A Eduardo is training for something. What is he training for? What kinds of exercises does he do?
- B Imagine that you are training for something. You can pick one of the activities below, or you can choose something new. Make up a weekly training routine.

GLOSSARY

routine (n) the things you regularly do and how and when you do them



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

- C **PAIR WORK** Tell a partner about your routine. Ask them questions about their training. Ask how often they do exercises and on what days. Is it a good plan? How can they improve their training?

GLOSSARY

improve (v) make better

