

Table of Contents

Unit 1 – Fitness Training	4
Unit 2 – The Upper Body	6
Unit 3 – The Lower Body	8
Unit 4 – The Core	10
Unit 5 – Body Types	12
Unit 6 – Health Problems	14
Unit 7 – Fitness Goals	16
Unit 8 – Parts of the Gym 1	18
Unit 9 – Parts of the Gym 2	20
Unit 10 – Exercise Equipment 1	22
Unit 11 – Exercise Equipment 2	24
Unit 12 – Exercise Equipment 3	26
Unit 13 – Actions 1	28
Unit 14 – Actions 2	30
Unit 15 – Career Options	32
Glossary	34