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# At the gym

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**Watch the video. Make notes as you watch.**

▶ 1. What is the best way to improve your fitness?

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▶ 2. What does cardio improve?

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▶ 3. What will resistance training do?

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▶ 4. Why should you warm up?

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▶ 5. What is the most popular machine for cardio?

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▶ 6. What muscle groups does the rowing machine work?

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▶ 7. If you want to improve muscular endurance, how should you use resistance machines?

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▶ 8. What does a cool down do?

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