EPISODE 222

Going to the Gym

Full transcript · mini-story · vocabulary review

Hi, I am Georgiana, your English teacher and founder of SpeakEnglishPodcast.com. My mission is to help you speak English fluently.

Ok, let's get started!

How was your **summer** vacation? Mine was quite uneventful, and since it was hot, I didn't travel anywhere. I just wanted to stay at home chilling by the AC (air conditioner).

Ok. Let's start!

First, let's practice grammar in context.

Mini-Story

Speaking Practice

Answer the questions aloud with short and quick responses. Repeat the Mini-Story several times to improve your speaking and listening.

First version

Third-Person View

First, I will tell the story from my point of view:

After a long time of making excuses not to go to the gym, Jim finally dragged his feet and walked into the gym building to **sign up**.

The clerk handed him the sign-up form.

With tears in his eyes, Jim filled out the registration form and paid the first **installment**.

"Now I have no excuses!" said Jim. So, the next day, he packed the gym bag, which included workout clothes, a towel, shower gel... And a pack of donuts to refuel.

By the way, Jim always eats diet donuts, the ones with a hole in the center, like that you eat less quantity.

On the first day at the gym, he took it very easy.

But even so, he felt stiff for the next two days; he could barely move.

After a few sessions and several boxes of donuts, Jim began feeling better about exercising.

However, one day, after finishing his workout at the gym, he felt a little **under the weather**.

It turns out that Jim came down with a cold, so he had to rest for the next few days.

Jim also developed back pain during those days of rest. So, he took it easy for a couple of weeks and didn't go to the gym.

Finally, after recovering, Jim tried **going** back to the gym; although, with the terrible heat waves, he ended up **going** to the beach.

Second version

Jim's Point of View

After a long time of making excuses not to go to the gym, I finally dragged my feet and walked into the gym building to sign up.

The clerk handed me the sign-up form.

With tears in my eyes, I filled out the registration form and paid the first installment.

"Now I have no excuses!" I said to myself. So, the next day, I packed the gym bag, which included workout clothes, a towel, shower gel... And a pack of donuts to refuel.

By the way, I always eat diet donuts, the ones with a hole in the center, like that I eat less quantity.

On the first day at the gym, I took it very easy.

But even so, I felt stiff for the next two days; I could barely move.

After a few sessions and several boxes of donuts, I began feeling better about exercising.

However, one day, after finishing my workout at the gym, I felt a little under the weather.

It turns out that I came down with a cold, so I had to rest for the next few days.

Strangely enough, I also developed back pain during those days of rest. So, I took it easy for a couple of weeks and didn't go to the gym.

Finally, after recovering, I tried **going** back to the gym; although, with the terrible heat waves, I ended up going to the beach.

Now, let's continue with the Mini-Story.

After giving it much thought, I went to the gym to sign up.

Did I go to the gym after or before I gave it much thought?
After giving it much thought, I went to the gym.

Where did I go?
To the gym. I went to the gym to sign up.

Why did I go to the gym?
To sign up. I went there to sign up.

With tears in my eyes, I filled out the registration form and paid the first installment.

Was I happy when I filled out the form?
No, I was not happy. I was in tears.

What was in my eyes? Onions?
No, no. I had tears in my eyes, although onions can make you cry when you cut them.

Did I pay anything?
Yes, I paid the first installment. That is the first monthly gym fee.

I took it easy the first day at the gym, but I ended up with a lot of stiffness.

Did I make much effort on the first day at the gym?
No, I didn't make much effort. I took it easy.

Did I end up energized or stiff?
Stiff. I ended up with a lot of stiffness. In other words, muscle soreness.

When did I experience stiffness? The first day or the third day?
The first day. I experienced stiffness on the first day.

I caught a cold shortly after that.

Did I catch a cold much later?
No, not much later. Shortly after that, I caught a cold.

What did I catch? A mouse?
No. No. Not a mouse. A cold. I caught a cold.

Right after the cold, I had back pain.

Did you have any discomfort right after the cold?
Yes. I had a backache. What bad luck!

Where did I have pain in my body?
My back. I had pain in my back.

When did I have back pain?
After the cold. I had pain after the cold.

Because it was so hot, I decided to wait until September to return to the gym.

Did I decide to return to the gym despite the heat?
No. I didn't decide to go to the gym despite the heat. I decided to wait.

How long did I decide to wait?
Until September. Since it was very hot, I decided to wait until September. A good decision, no doubt. That way, I didn't have to suffer any more stiffness.

Thanks for listening, and I'll see you in the next episode.

Review

Vocabulary from This Episode

Review the most useful words and expressions before listening again.

01 **drag your feet** delay doing something because you do not want to do it.	05 **under the weather** feeling slightly ill.
02 **sign up** register to join an activity or service.	06 **come down with a cold** become ill with a cold.
03 **installment** one of several payments made over time.	07 **take it easy** rest and avoid too much effort.
04 **stiffness** muscle tightness that makes movement difficult.	08 **heat wave** a period of unusually hot weather.

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Georgiana
Founder of Speak English Now Podcast
SpeakEnglishPodcast.com