

PODCAST ACTIVITY



EXPRESSIONS

To tip-toe = to go with the tip of your toes

Rude Awakening = Sudden Realization

It doesn't cost the business a dime.

To make a fool out of someone

Let's get started

Let's be honest

To connect the dots

Oh Gee (Jesus)!

That's not that bad

To never set foot

apart from each other

carbo loading

To be built around

Oh, my Godness!

Treadmill

barbell = dumbbell

money flow

To be drenched in sweat = to be soaking wet

Flooded (crowd)

There's a catch!

What do you do for a living? = To make ends meet

sweat factory

I don't get it.

It seems like

Does it feel a little weird _____?

Play hard, work hard.

VOCABULARY

To sneak	Membership card	To Subscribe	to sign up
To enroll	Venue	Establishment	Court
Pitch / Field	Pit	Fence	Hoof
Hole	Grave	Snap	Rough
Customer	Bankruptcy	To Shut down	enhance
Mirror	Emptiness	Bagel	Mind games
Manliness	chin-ups	push-ups	members
Kathleen	shoulder-length	to soak	fortune
To rely	psychology	hidden	squat
To do crunchers	chill	to work out = to go through	
To get in shape	to be buff	baggy	loose ≠ lose
Bell bottom pants	to lift weight	proud	alternative
mellow / meek	across from us	razor-cut	nowhere
welcome desk	chatting	value	manipulated
weight-room	waiting room	a drove = a bunch	
common	intimidated	pre-commitment	
to picture = to imagine something from the future			
to be hard core	sincere	slacker = sloppy	
to flex = to show off	to walk _____ in	To show up	
to hang out	to drop out	to give up	
to be kicked out (excluded)			