

# V10 – FRIENDS: Chandler Quits the Gym

## Part 1 – Topic Speaking: Health and Fitness

Directions: Discuss the following questions with a partner.

1. Have you ever joined a gym?
2. Why would having a personal trainer be important?
3. Have you ever been on a diet?
4. Do you enjoy eating fast food and/or junk food?
5. What are ways to keep motivated to help you stick with an exercise program?
6. What are some popular diet and/or exercise TV shows that are popular in your country?
7. Do you worry about your weight?
8. How many hours of sleep do you get each night?
9. What celebrity do you think has the best physique?
10. What is the difference between body weight and body composition? Which is more important to you?

## Part 2A - Vocabulary Review:

Directions: Discuss the meaning with a partner. Next, review as a class.

Vocabulary	*	Definition or Translation
1. flabby	4	
2. saggy	4	
3. access	9	
4. handle	11	
5. honestly	21	
6. vote	23	
7. equipped	23	
8. running	23	
9. work out	25	
10. join	27	

\*NOTE: the number indicates where the vocabulary is located in the script.

## Part 2B - Vocabulary Speaking:

Directions: Choose 5 vocabulary words and create a question. Next, discuss your questions with a partner.

Word	Question
Ex: tough	What is the <i>toughest</i> course you have ever taken?
1.	
2.	
3.	
4.	
5.	

## Part 3 – Script & Video

Directions: Complete Back2Back Reading (see Script below), then watch the video.

## Part 4 - Comprehension Questions:

Directions: Discuss with a partner then review as a class.

1. What does Chandler want to do?  
\_\_\_\_\_
2. What can't Chandler use if he quits the gym?  
\_\_\_\_\_
3. Is Ross a member of any gym?  
\_\_\_\_\_
4. Why does the gym employee call over Maria?  
\_\_\_\_\_
5. How long has the gym been voted as the best equipped gym in New York?  
\_\_\_\_\_
6. Why doesn't Chandler like the gym?  
\_\_\_\_\_
7. Who joined the gym?  
\_\_\_\_\_
8. Why did Ross Join the gym?  
\_\_\_\_\_

## Part 5 – Writing:

Directions: In 2 to 3 sentences, write your opinion about the video.

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A – Back2Back Reading

Directions: Read 'odd' numbers + Listen & fill in 'even' numbers



Friends – Chandler Quits the Gym

1. Ross: Whoa-whoa-whoa, hey! Now remember what we talked about, you gotta be strong.

2. Chandler: Yes. Yes!

3. Ross: One more time, "Hey, don't you want a washboard stomach and rock hard pecs?"

4. Chandler: No! I want a \_\_\_\_\_ gut and \_\_\_\_\_ man breasts!

5. Ross: Good! That's good!

6. Chandler: Okay. I wanna \_\_\_\_\_ the gym.

7. Gym Employee: You wanna quit?

8. Chandler: I wanna \_\_\_\_\_ the gym.

9. Gym Employee: You do realize that you won't have access to our new full service Swedish spa.

10. Chandler: I wanna \_\_\_\_\_ the gym.

11. Gym Employee: Okay, Dave in the membership office, handles quitters. Uh, excuse me, are you a member?

12. Ross: \_\_\_\_\_? No.

13. Gym Employee: Sorry, members only.

14. Chandler: I wanna \_\_\_\_\_ the gym.

15. Ross: It's okay man, be strong.

16. Gym Employee: So, are you a \_\_\_\_\_ of any gym?

17. Ross: No! And I'm not gonna be, so you can save you little speech.

18. Gym Employee: Okay, no \_\_\_\_\_. Could you come here for a \_\_\_\_\_?

19. Woman: Hi, I'm Maria.

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20. Chandler: I want to \_\_\_\_\_ the gym.

21. Gym Employee: Now, can you honestly tell me that you are a 100% satisfied with your body?

22. Chandler: Yes, yes \_\_\_\_\_ of the time. I \_\_\_\_\_ sure I have bad days. But then I \_\_\_\_\_ what a cute smile I have.

23. Gym Employee: Look. We were voted best equipped gym in New York two years running. Do you want to give that up?

24. Chandler: Yes. I \_\_\_\_\_ it here. \_\_\_\_\_ that you have in here is very \_\_\_\_\_.

25. Gym Employee: Yeah Really? Ok? You don't want to make your friend work out alone, do you?

26. Chandler: \_\_\_\_\_ \_\_\_\_\_?

27. Gym Employee: Your friend Ross. Just Joined.

**B – Back2Back Reading**

**Directions:** Read 'even' numbers +  
Listen & fill in 'odd' numbers



**Friends – Chandler Quits the Gym**

1. **Ross:** Whoa-whoa-whoa, hey! Now remember what we \_\_\_\_\_, you gotta be \_\_\_\_\_.

2. **Chandler:** Yes. Yes!

3. **Ross:** One more time, "Hey, don't you want a washboard \_\_\_\_\_ and rock hard pecs?"

4. **Chandler:** No! I want a flabby gut and saggy man breasts!

5. **Ross:** Good! \_\_\_\_\_ good!

6. **Chandler:** Okay. I wanna quit the gym.

7. **Gym Employee:** You wanna \_\_\_\_\_?

8. **Chandler:** I wanna quit the gym.

9. **Gym Employee:** You do \_\_\_\_\_ that you won't have \_\_\_\_\_ to our new full service Swedish \_\_\_\_\_.

10. **Chandler:** I wanna quit the gym.

11. **Gym Employee:** Okay, Dave in the \_\_\_\_\_ office, \_\_\_\_\_ quitters. Uh, excuse me, are you a member?

12. **Ross:** Me? No.

13. **Gym Employee:** Sorry, \_\_\_\_\_ only.

14. **Chandler:** I wanna quit the gym.

15. **Ross:** It's okay man, be \_\_\_\_\_.

16. **Gym Employee:** So, are you a member of any gym?

17. **Ross:** No! And I'm not gonna be, so you can \_\_\_\_\_ you little \_\_\_\_\_.

18. **Gym Employee:** Okay, no problem. Could you come here for a second?

19. **Woman:** Hi, I'm Maria.

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20. **Chandler:** I want to quit the gym.

21. **Gym Employee:** Now, can you \_\_\_\_\_ tell me that you are a 100% \_\_\_\_\_ with your body?

22. **Chandler:** Yes, yes most of the time. I mean sure I have bad days. But then I remember what a cute smile I have.

23. **Gym Employee:** Look. We were \_\_\_\_\_ best \_\_\_\_\_ gym in New York two years \_\_\_\_\_. Do you want to \_\_\_\_\_ that \_\_\_\_\_?

24. **Chandler:** Yes. I hated it here. Everything that you have in here is very heavy.

25. **Gym Employee:** Yeah Really? Ok? You don't want to make your friend \_\_\_\_\_, do you?

26. **Chandler:** What friend?

27. **Gym Employee:** Your friend Ross. Just \_\_\_\_\_.

# V10 - ANSWER KEY



## Friends – Chandler Quits the Gym

- 1.Ross:** Whoa-whoa-whoa, hey! Now remember what we talked about, you gotta be strong.
- 2.Chandler:** Yes. Yes!
- 3.Ross:** One more time, "Hey, don't you want a washboard stomach and rock hard pecs?"
- 4.Chandler:** No! I want a flabby gut and saggy man breasts!
- 5.Ross:** Good! That's good!
- 6.Chandler:** Okay. I wanna quit the gym.
- 7.Gym Employee:** You wanna quit?
- 8.Chandler:** I wanna quit the gym.
- 9.Gym Employee:** You do realize that you won't have access to our new full service Swedish spa.
- 10.Chandler:** I wanna quit the gym.
- 11.Gym Employee:** Okay, Dave in the membership office, handles quitters. Uh, excuse me, are you a member?
- 12.Ross:** Me? No.
- 13.Gym Employee:** Sorry, members only.
- 14.Chandler:** I wanna quit the gym.
- 15.Ross:** It's okay man, be strong.
- 16.Gym Employee:** So, are you a member of any gym.
- 17.Ross:** No! And I'm not gonna be, so you can save you little speech.
- 18.Gym Employee:** Okay, no problem. Could you come here for a second?
- 19.Woman:** Hi, I'm Maria.  
.....
- 20.Chandler:** I want to quit the gym.
- 21.Gym Employee:** Now, can you honestly tell me that you are a 100% satisfied with your body ?.
- 22.Chandler:** Yes, yes most of the time. I mean sure I have bad days. But then I remember what a cute smile I have.
- 23.Gym Employee:** Look. We were voted best equipped gym in New York two years running. Do you want to give that up?
- 24.Chandler:** Yes. I hated it here. Everything that you have in here is very heavy.
- 25.Gym Employee:** Yeah Really? Ok? You don't want to make your friend work out alone, do you?
- 26.Chandler:** What friend?
- 27.Gym Employee:** Your friend Ross. Just Joined.

## Part 4 - Comprehension Questions & Answers

Questions & Answers
<p><b>1. What does Chandler want to do? (Line6-7)</b></p> <p>Chandler wants to quit the gym.</p>
<p><b>2. What can't Chandler use if he quits the gym? (Line8-9)</b></p> <p>If Chandler quits the gym he won't have access to the new full service Swedish spa.</p>
<p><b>3. Is Ross a member of any gym? (Line16-17)</b></p> <p>No, he is not a member of any gym.</p>
<p><b>4. Why does the gym employee call over Maria? (Line18-19)</b></p> <p>The gym employee calls over Maria because she is so beautiful he thinks she can help motivate Chandler to stay at the gym.</p>
<p><b>5. How long has the gym been voted as the best equipped gym in New York? (Line23)</b></p> <p>The gym has been voted best equipped gym in New York for two years.</p>
<p><b>6. Why doesn't Chandler like the gym? (Line23-24)</b></p> <p>He doesn't like the gym because everything in the gym is so heavy. Chandler is lazy and doesn't enjoy exercising.</p>
<p><b>7. Who joined the gym? (Line26-27)</b></p> <p>Ross joined the gym as a new member.</p>
<p><b>8. Why did Ross Join the gym?</b></p> <p>Ross joined the gym because the trainer (Maria) was so attractive.</p>