



BATTLE OF THE WORKOUTS

TENNIS OR SQUASH? YOGA OR PILATES? Making the decision to get fit is the easy part—choosing how to go about it is more difficult. We answer four key questions to help you decide for yourself.

- 1 How quickly will it make a difference?
- 2 How many calories does it burn?

- 3 Will it keep me motivated?
- 4 What are the benefits?

TENNIS VS. SQUASH

- 1 After six weeks of twice-weekly matches.
- 2 476 per hour in a singles match, 340 in doubles.
- 3 Tennis is competitive and there is nothing better than playing outdoors. However, your motivation may diminish if you keep having to cancel due to the weather!

- 4 The strength for a great serve is provided by your thigh muscles. Sharp turns and twists put the abdominals and upper body through a vigorous workout.

- 1 Two to three weeks if playing three times a week.
- 2 748 per hour.

- 3 Squash is sociable and if you join a club, there will be a league structure.
- 4 Rated the number one healthy sport by *Forbes* magazine, squash is easier to learn than tennis and you can play all year round. It helps to strengthen your legs, arms, and core region.

WINNER

WEIGHTS VS. CIRCUITS

- 1 After the first session, your muscles will feel more toned, but significant changes will take three to four weeks.
- 2 136–340 per hour depending on weight lifted and the recovery time between repetitions.
- 3 If improved body tone is your goal, then yes.
- 4 Great for toning your muscles and improving overall bone density. Weight training speeds up the rate at which calories are burned, resulting in quicker weight loss.

- 1 After two weeks of twice-weekly circuits.
- 2 476 per hour.
- 3 You are unlikely to get bored, as circuits can constantly change their content and order.
- 4 Circuits address every element of fitness— aerobic, strength, balance, and flexibility. A good instructor should introduce new tools like skipping ropes and weights to make sure you are always developing new skills.

WINNER

YOGA VS. PILATES

- 1 After eight weeks of thrice-weekly sessions.
- 2 102 per hour for a stretch-based class. Power yoga burns 245 per hour.
- 3 Yoga is about attaining a sense of unity between body and mind rather than achieving personal targets. However, you will feel a sense of accomplishment as you master the poses and there are lots of different types to try.
- 4 The American Council on Exercise found that women who did yoga for eight weeks experienced a 13% improvement in flexibility. They were also able to perform six more push-ups and 14 more sit-ups at the end of the study.

- 1 After five to six weeks of thrice-weekly sessions.
- 2 170–237 an hour.
- 3 Once you start noticing positive changes in the way you move and hold your body, Pilates is hard to give up.
- 4 Widely used by dancers and top athletes, Pilates improves your posture and strength. It develops the abdominal muscles which support the trunk.

WINNER

SPINNING VS. STEP

- 1 After two to three weeks of twice-weekly sessions.
- 2 408–646 an hour.
- 3 Although it's a group session, you can increase the workload as you get fitter. Avoid boredom by looking out for classes with video screens that take you on a virtual ride through pleasant scenery.
- 4 Pedaling works most of the muscles in the legs and buttocks, so you will get an unbelievably toned lower body. But your heart and lungs are the biggest beneficiaries.

- 1 After four weeks of twice-weekly classes.
- 2 510–612 per hour (depending on height of step).
- 3 You will notice changes in your body shape fairly quickly, but there are only so many times you can step on to a platform before utter boredom takes hold.
- 4 A study carried out in California showed that women who did step for six months experienced a 3.3% increase in the bone density of their spines, and hip and leg bones. It has good aerobic benefits as well as toning muscles in the bottom and legs.

WINNER



1 READING & SPEAKING

- a Look at the activities in the article. Do you know what they all are? Do you do any of the activities, or have you ever done them? Is / Was your experience positive or negative?
- b Read the article. For which activity are these statements true?
- Once you start you won't want to stop.
 - It's probably the most boring of all the activities.
 - It takes the longest time to show any benefits.
 - Having the right instructor will make it more varied.
 - It will make some difference immediately.
 - The amount of calories you burn depends on the number of people you do it with.
 - Some gyms have equipment that can make it less dull.
 - You will burn the most calories in an hour.
- c Read the article again. For each pair of workouts, which do you think, according to the article, was the winner? Why? Compare with a partner.

LEXIS IN CONTEXT

- d In pairs, think of words related to exercise and the body that match the definitions below. Then find them in the article.
- th** _____ *noun* the top part of the leg between the knee and the hip
 - v** _____ *adj* very active and energetic
 - tr** _____ *noun* the process of improving your fitness by exercising
 - fl** _____ *noun* the ability to bend
 - str** _____ *noun* the act of making your muscles longer
 - p** _____ - _____ *noun* an exercise in which you lie on your stomach and raise your body off the ground with your hands until your arms are straight
 - s** _____ - _____ *noun* an exercise for making your stomach muscles strong, in which you lie on the floor on your back and raise the top part of your body
 - tr** _____ *noun* the main part of the body apart from the head, arms, and legs
 - l** _____ *noun* the organs in the chest that you use for breathing
 - sp** _____ *noun* the bones down the middle of the back
- e Think of a sport or physical activity that you have done, or know something about. In small groups, say as much as you can about it, answering some of the questions in the article.

2 VOCABULARY word building:

adjectives, nouns, and verbs

- a Without looking back at the text, complete sentences 1 and 2 with a word made from the adjective *strong*.
- It helps to _____ your legs, arms, and core region.
 - Widely used by dancers and top athletes, it improves your posture and _____.
- b Complete the chart.

adjective	noun	verb
strong		
long		
deep		
short		
wide		
high		heighten*
weak		
thick		
flat		

*Note that *heighten* (verb) doesn't mean *make higher*; it means *intensify*.

- c Complete the sentences with words from **b** in the correct form.
- I often have to _____ new pants because they're usually too long for me.
 - Can you measure the _____ and _____ of the living room? I want to order a new rug.
 - I'm more or less the same _____ as my sister, but my brother's much taller than us.
 - People's muscles tend to _____ as they get older.
 - A** What's the _____ of the water here?
B About 15 feet, I think.
 - If you want to _____ the sauce, add flour.
 - The building was completely _____ in the explosion.
 - He's almost unbeatable. He doesn't have any real _____.
 - This road needs to be _____. It's too narrow.
 - My grandfather suffered from _____ of breath when he had the flu.



3 PRONUNCIATION homographs

Homographs

Homographs are words that are spelled the same but pronounced differently, and which have different meanings, e.g.,

bow /baʊ/ = move your head or the top half of your body forwards and downwards, as a sign of respect
bow /buː/ = 1 a weapon used for shooting arrows; 2 a hair decoration made of ribbon
 There are not very many words like this, but the common ones are sometimes mispronounced, and learning the correct pronunciation will avoid misunderstandings.

- a Read the information box. Then look at the sentences that contain homographs. Match them with pronunciation **a** or **b**.

close a /klaʊz/ b /kloʊz/

- 1 It was a really **close** race and they had to study the replay to see who won.
 2 What time does the ticket office **close**? We need to get our tickets for the game on Saturday.

upset a /ʌpset/ b /ʌp'set/

- 3 The lowest-ranked baseball team in our division pulled off an amazing **upset** when they played the top team and defeated them five to four.
 4 He was really **upset** because he missed an easy shot that would have won the basketball game for the team.

minute a /'mɪnət/ b /maɪ'nɪt/

- 5 He was disqualified because they found a **minute** quantity of a banned substance in his blood sample.
 6 He scored a goal just one **minute** before the referee blew the final whistle.

tear a /ter/ b /tir/

- 7 If you **tear** a muscle or a ligament, you may not be able to train for six months.
 8 As she listened to the national anthem, a **tear** rolled down her cheek.

content a /'kəntent/ b /kən'tent/


- 9 Professional athletes never seem **content** with their contracts. They're always trying to negotiate better terms.
 10 The **content** of the program wasn't very interesting—just a long analysis of the game.

wound a /wʊnd/ b /waʊnd/


- 11 He **wound** the tape tightly around his ankle to prevent a sprain.
 12 You could see his head **wound** bleeding as he was taken off the field.

use a /yʊz/ b /yus/

- 13 If you **use** a high-tech swimsuit, you'll be able to swim much faster.
 14 It's no **use** complaining—the umpire's decision is final.

- b  **10.8** Listen and check. Practice saying the sentences.

4 GRAMMAR relative clauses

- a Look at the blanks in the sentences below. Complete them with a relative pronoun (*who*, *which*, etc.) where necessary.
- He ran the marathon in 2 hours 22 minutes, _____ was a new course record.
 - I feel really sorry for the players _____ lost.
 - The coach, _____ daughters also play on the team, has had a really successful season.
 - She got along well with the players _____ she trained.
 - John McEnroe, _____ won Wimbledon in the 1980s, now works as a sports commentator.
 - New sneakers! Thanks, that's just _____ I wanted.
 - Those are the gloves _____ Muhammed Ali wore when he beat Joe Frazier.
- b  **p.161 Grammar Bank 10B** Learn more about relative clauses, and practice them.

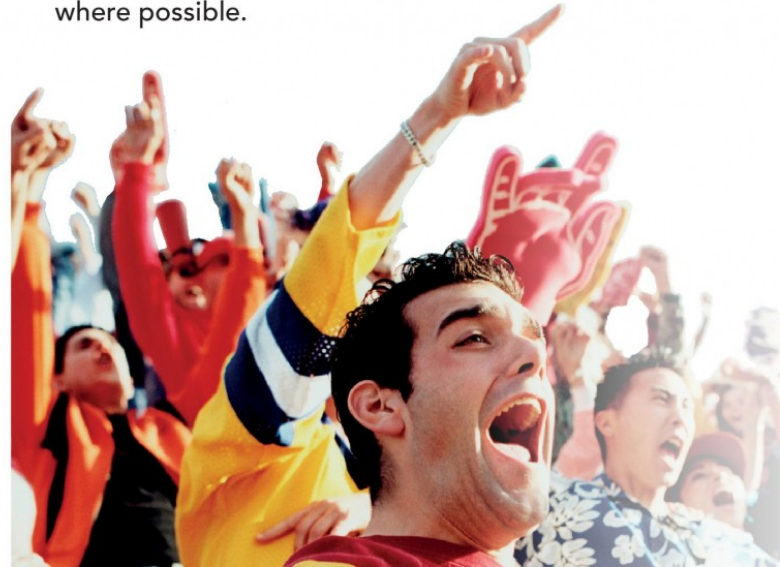
Defining relative clauses in spoken English

In informal spoken English, we tend to use *that* rather than *who* or *which* and almost always leave out the relative pronoun when the subject of the clause changes, e.g., *There's the restaurant (that) John told us about.*

- c Choose five new words from this lesson and define them for your partner to identify. Use *that* instead of *who* / *which* and leave out the relative pronoun where appropriate.

5 SPEAKING & LISTENING

- a Read the information on page 103 about a book called *Foul Play*, and six of the points the author makes. Decide what you think about each point and write **A** (agree), **HA** (half-agree), or **D** (disagree).
- b In groups of three or four, discuss each point, explaining what you think and giving examples where possible.



- c  **10.9** Now listen to Ron Kantowski, a sports journalist in Las Vegas, talking about the topics in a. Mark the statements **A**, **HA**, and **D**. Do any of his opinions coincide with what you said in your groups?



Glossary

Super Bowl the annual championship game of the National Football League (NFL), the highest level of professional football in the United States

- d Listen again and write a summary of the reasons he gives in answer to each of the interviewer's questions.
- 1 Sports teach you to...
People who do individual sports...
 - 2 Sports can enhance your life because...
On the other hand...
 - 3 The World Cup is an example of...
Sports should be entertainment, not...
 - 4 It's hard to see a difference between...
Drugs have improved performance less than many things, including...
 - 5 Athletes are only human, and...
They're under a lot of pressure from...
 - 6 There's too much media coverage of...
But the media are just...
- e Do you agree or disagree with his arguments? Do you think these aspects of sport will ever change?

Foul Play

What's wrong with sports?

In *Foul Play*, sports journalist Joe Humphreys challenges the idea that sports are a positive influence on athletes, spectators, and the world as a whole.

According to Humphreys:

- 1 Sport brings out the worst in people, both fans and athletes. It does not improve character or help to develop virtues such as fair play and respect for opponents. You ☐ Ron ☐
- 2 Sports don't make you happy. Spectators as well as athletes have higher than normal levels of stress, anxiety, and hopelessness, especially in relation to professional sports. You ☐ Ron ☐
- 3 Sports are like a religion in its ability to "move the masses." You ☐ Ron ☐
- 4 Doping is no worse than any other kind of cheating and really no different from using technology to gain an advantage, e.g., high-tech running shoes. You ☐ Ron ☐
- 5 It's ridiculous to expect professional athletes to be role models. You ☐ Ron ☐
- 6 Sports have too high a profile in the media, often making the headlines in the papers and on TV. You ☐ Ron ☐



defining relative clauses

- 1 She's the woman **who / that won the marathon**.
That's the stadium **which / that is going to be used** for the World Cup final.
- 2 That's the neighbor **whose dog never stops barking**.
- 3 James is the man **(who) I met at the party**.
That's the store **(which / that) I told you about**.
- 4 My sister's the only person **to whom I can talk**. My sister's the only person **(who) I can talk to**.
This is the hospital **in which** I was born. This is the hospital **(that) I was born in**.
- 5 She told me **what she had seen**.
What I like best about New York is the tall buildings.

We use *who*, *which*, *whose*, *whom*, and *what* to introduce a defining relative clause, i.e., a clause that gives essential information about somebody or something.

- 1 We can use *that* instead of *who / which*. This is very common in conversation.
- 2 We use *whose* to mean "of *who*" or "of *which*."
- 3 When *who* or *which / that* are the object of the verb in the relative clause, you can leave them out.
- 4 In formal English, after a preposition, use *whom* for a person and *which* for a thing. In informal English it is more common to leave out the relative pronoun and put the preposition after the verb.
- 5 We use *what* as a relative pronoun to mean "the thing" or "things which."

➔ See Writing A review p.118 for the rules for reduced relative clauses.

non-defining relative clauses

- 1 My brother, **who doesn't like sports**, was given a tennis racket for his birthday!
The palace, **which was built in the 12th century**, is visited by thousands of tourists.
- 2 Adriana hasn't come to class for two weeks, **which is a little worrying**.
- 3 They have three children, **all of whom** are good at sports.
My favorite foods are bread, cookies, and cakes, **none of which** are very good for me.
A lot of parents, **many of whose** children go to the local school, are protesting today about plans for the new road.
- 1 A non-defining relative clause gives extra, non-essential information about a person or thing.
In written English, this kind of clause is separated by commas, or between a comma and a period.
You can't use *that* instead of *who / which*. NOT *My brother, that doesn't like sports,...*
- 2 *which* can be used to refer to the whole of the preceding clause.
- 3 We sometimes use *of which / of whom / of whose* after *some*, *any*, *none*, *all*, *both*, *either*, *neither*, *several*, *enough*, *many*, and *few*.
We can also use *of which / of whom / of whose* after expressions of quantity and superlatives.

- a Right (✓) or wrong (X)? Correct the mistakes in the **highlighted phrases**.

- She's the neighbor **that her daughter has** just had a baby. X
She's **the neighbor whose daughter has just had a baby**.
1 This is **the program I was telling you about**.
2 Is this the train **that it goes to** Beacon?
3 She told her boss she'd overslept, **that was absolutely true**.
4 My son, **that is very bright**, is applying to Stanford University.
5 **The employee to who I spoke** gave me some inaccurate information.
6 The woman **whose suitcase didn't arrive** never got it back.
7 The Canary Islands, **which are situated off the coast of** Africa, are a popular tourist destination.
8 Everyone in my family always **eats that I cook**.
9 That's the painting **for which we paid** over a thousand dollars.
10 The baseball team **which fans yell the loudest** is usually considered to be the New York Yankees.
11 **Which we love about living in Paris** is the street cafés.
12 My doctor told me to go jogging, play tennis, or do Pilates, **none of what I enjoy**.

- b Join the sentences using a relative pronoun and the right punctuation.

- I failed my driver's test. It's a pity.
I **failed my driver's test, which is a pity**.
1 They gave us a present. This was a complete surprise.
They...
2 My girlfriend is very intelligent. She's an architect.
My girlfriend...
3 It's too hot in my apartment. This makes it impossible to sleep.
It's...
4 A car crashed into mine. It was a Honda.
The car...
5 I spoke to a police officer. She was driving a police car.
The police officer...
6 We only bought our computer two months ago. It keeps on crashing.
Our computer...
7 I left some things on the table. They aren't there anymore.
The things...
8 That's the electrician. He did some work for my mother.
That's...
9 I have two brothers. Neither of them can swim.
I have two brothers...
10 The houses are still in very good condition. Many of them were built in 1870.
The houses...

➔ p.102