LISTENING EXERCISE



- Listen and take notes.
- 1. How much exercise does the man do?
- 2. Why does the man exercise?
- **3.** How does exercise make him feel?
- 4. What does the man hate most about exercising?
- **5.** Does he like the first few minutes of a run?
- **6.** Where does he like to cycle?
- 7. What two things does he like to do on his exercise bike?