

[[Back to Quiz](#) | [Text Completion Quiz](#)]

 **Search Google and This Site**

[Home](#)

Exercise Program

Listening Exercises

Listen to the conversation again by pressing the Play Audio button and read along with the conversation. Review the [Key Vocabulary](#) and the sample sentences.



[Other Audio Option: [Play Window Media](#)]

Josh: Hey, I hear you and Stephanie are really getting serious.

Michael: Yeah, I think she'll be impressed with my new exercise program.

Josh: What? What are you talking about? What exercise program? What did you tell her?

Michael: Well, you know, I enjoy staying in shape. [Right] First, I [generally](#) get up every morning at 5:30 a.m.

Josh: Oh, yeah. Since when? You don't roll out of bed until at least 7:30 p.m.

Michael: No, no, and on Mondays and Wednesdays, . . .

Josh: Ah, not another [tall tale](#) . . .

Michael: I almost always go jogging for about a half hour, you know, to improve my [endurance](#).

Josh: Hey, jogging to the refrigerator for a glass of milk doesn't count.

Michael: Of course, before I leave, I usually make sure I do some stretches so I don't pull a muscle on my run.

Josh: Right. One jumping jack.

Michael: Then, I told her that I usually lift weights Tuesdays and Thursdays for about an hour after work.

Josh: Humph.

Michael: This helps me build muscle strength.

Josh: A one-pound barbell.

Michael: Finally, I often go hiking on Saturdays with my dog [*What dog!?*], well, and I like hiking because it helps me [burn off](#) stress and reduce [anxiety](#) that builds up during the week.

Josh: Oh yeah, those lies.

Michael: Well, uh, as for Fridays, I sometimes just relax at home by watching a movie or inviting you over to visit.

Josh: If I buy the pizza.

Search [[What's This?](#)]

Using This Site

- [Add a Link](#)
- [Audio Help](#)
- [Favorite Resources](#)
- [Grammar Project](#)
- [Media Players](#)
- [Self-Study Guide](#)
- [Study Handouts](#)
- [Teacher Features](#)
- [Terms of Use](#)
- [Tips for Teachers](#)
- [Vocabulary Quizzes](#)

Other Links:

- [DailyESL](#)
- [EnglishVoices](#)
- [EZSlang](#)

VIDEO CLIPS

