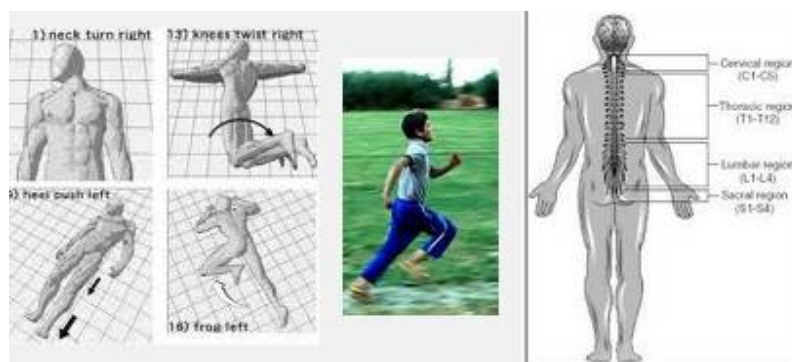


Movements of parts of the body



Copyright © 2018 Surely work.co

完全版テキストはレッスン前に担当講師から受け取って下さい

講師のスカイプチャットにテキスト名を送って下さい

Your teacher can send you the complete material.

Please ask them to send the complete version of this material before the lesson.

B. One good way is to do push-ups. Another way is to use weights. Make sure you grip the weights firmly. You don't want to drop them on your feet!

A. When I do push-ups, should I bend my elbows so that my nose touches the ground?

B. You don't need to bend your elbows that much. Bend them so that your arms are at a 90 degree angle. The most important thing is to remember to keep your body straight. Many people bend their bodies at the waist, which reduces the effectiveness of the exercise.

A. What's a good exercise for my chest muscles?



English Teachers On Call

This document is for use in eTOC training sessions, use outside of eTOC is strictly prohibited.

B. One that I recommend is that you lie on your back. You should have a weight in each hand and stretch your arms out either side of your body.

A. So I need plenty of space for this exercise.

B. Yes, you do. Lift the weights up, keeping your arms straight all the time.

A. Great! Thanks for your advice!

☺ Useful expressions

1. It was a warm evening, so I stretched my legs.

2. Could you help me to lift some furniture?

Copyright © 2018 Surely work.co

完全版テキストはレッスン前に担当講師から受け取って下さい

講師のスカイプチャットにテキスト名を送って下さい

Your teacher can send you the complete material.

Please ask them to send the complete version of this material before the lesson.

Stretch – (of muscles) relieved of stiffness by stretching

Example: "well-stretched muscles are less susceptible to injury"

Grip – Hold fast or firmly

Example: "He gripped the steering wheel"

Crawl – Move slowly; in the case of people or animals with the body near the ground

Example: "The crocodile was crawling along the riverbed"



English Teachers On Call

Copyright © 2013 by eTOC-surely work-All Rights Reserved
イーブックのレッスン以外で印刷及び使用禁止・法律で罰せられます。

Grab – Take hold of so as to seize, restrain or stop the motion of

Example: "Grab the elevator door!"

Punch – (boxing) a blow with the fist

Example: "I gave him a punch on his nose"

Blink – A reflex that closes and opens the eyes rapidly

Example: "The TV announcer never seems to blink"

Copyright © 2018 Surely work.co

完全版テキストはレッスン前に担当講師から受け取って下さい

講師のスカイプチャットにテキスト名を送って下さい

Your teacher can send you the complete material.

Please ask them to send the complete version of this material before the lesson.

- ☹ Push something aside
- ☹ Wink at someone



This document is for use in eTOC training sessions, use outside of eTOC is strictly prohibited.