



Quick Practice

At the Gym

This morning I woke up pretty late. I usually have a _____ where I go to the gym at 10:30 AM. Since I'm _____ about my strict schedule, I had to rush to the gym. I figured I could _____ a few exercises. Today was leg day, and I usually start off with the leg curls machine. _____ I walked up to it, and all of a sudden a "meathead" intervened. I guess he wasn't finished with his set, but I felt he was a bit rude about the situation. I had asked him how many sets he had left, but he completely ignored me. I gathered my things and decided to _____. Meantime, there were other workout machines available. I wasn't going to let this _____ ruin my day.

1. incident - bad/ hostile situation
2. routine - something you do regularly
3. shrug it off - ignore
4. as soon as - immediately/ in a short time
5. squeeze in - make time to do something
6. obsessed - keep thinking/worrying about something