



Bayview High

Crossing the Line Chapter 5: Hitting the Weights

Working with Words—Using Colourful Adjectives

Complete the paragraph by choosing appropriate adjectives for each blank.

Athletes work out in the _____ weight room. They arrive in _____ gym strip, _____ running shoes and _____ sweatbands around their _____ heads. They warm up and then head for the _____ equipment. First it's the quads. Holding onto a _____ bar across the shoulders. _____ weights on both ends, they step forward with one _____ bent knee. Then it's bench presses. Laying on the their back, they reach up and grip the _____, _____ bar and take a _____ breath. Then they push up the bar with a _____ grunt.