



THE BODY, podcast 2

Tema: **Entrenador Personal**

Descripción: Un entrenador Chileno le explica a un gringo una rutina de gimnasio.

Marcelo: Hi Tim, nice to meet you, I'm Marcelo and I'll be your trainer.

Tim: Nice to meet you too, Marcelo

Marcelo: I'm glad you decided to join our gym. First of all, I will evaluate you using the scale and then measure your body mass as well. So please follow me.

Tim: I definitely want to get in shape before I go back to the states in March.

Marcelo: Well, you have three months for that. Are you interested in building muscle as well?

Tim: Sure. Back home, I had a regular routine with the weight-lifting machines. Unfortunately, I stopped for a few months ago because I was too busy with work. Now I have more free time.

Marcelo: Well, let's just see how you are doing with weight and body mass. Take off your sneakers please and step up on the scale for me, please.

Marcelo: Hmm...so you measure 1.79 mts. and your weight is 80 kilos. Your body mass index is 24.97. Everything seems very normal.

Tim: Cool. I weighed 85 kilos a while ago, but I was able to lose 5 kilos by walking to work regularly. It helped me a lot. And for some cardio work, I think I'd like to try your treadmills.

Marcelo: Ok, I suggest you do 20 minutes of cardio work on the treadmill. Afterwards, you can use any other machine you like, such as the indoor bikes, for 20 minutes. For the abdominal exercises, do 3 sets of 200 for now. For the weight-lifting machines, let's start you out with 3 sets of 30 on the 20 kilo weights. This should be your regular routine 3 times a week. In a couple of weeks we will reevaluate you and see if we need to do any change.

Tim: Thanks, Marcelo, I appreciate your help with my gym routine. Three months from now I should be back in shape and ready to go.