



During the coronavirus pandemic, many gyms had to close. At the same time, many people spent a lot of time at home. They worked from home and sick people had to stay in **quarantine**. Business with smart gyms started to grow quickly.

Smart gym is a fitness tool which people use at home. You have your own training plan, and you can also be a part of a **community** of other people who exercise at home. Smart gym is really clever because it can check how you move, and it makes the exercise easier or harder. You can share your **progress** with other people, and they can help you work harder. This is very important now when people cannot go to a gym.

Smart gym is not cheap and it can cost more than 1,000 dollars. Some companies believe that more people will use smart gyms in the future and that the coronavirus pandemic only made this change quicker.

Difficult words: **quarantine** (when a person must stay away from other people not to spread a disease), **community** (a group of people have similar ideas and opinions or they do the same thing), **progress** (when you get better at something).

**Discussion Questions****Topic Talk**

1. Define the following words: *quarantine, community and progress*
2. When did smart gyms start to grow quickly?
3. How does smart gym work?
4. What important role/s does smart gym play in our current situation?
5. Does the future of smart gym business look bright?

Express Your Thoughts

1. Are smart gyms becoming commonplace in your country?
2. Are you a member of a smart gym? How long have you been training?
3. What are the advantages of working out at home using smart gym?
4. Do you think more and more people in your country will use smart gym?