

B1

If you train hard, you _____ better results.

Answer: _____

If you don't warm up properly, you _____ injured.

Answer: _____

If you practice regularly, you _____ your skills.

Answer: _____

If you eat a balanced diet, you _____ more energy.

Answer: _____

If you don't stretch before exercising, you _____ muscle cramps.

Answer: _____

If you play fair, you _____ the respect of others.

Answer: _____

If you don't hydrate yourself, you _____ tired quickly.

Answer: _____

If you push yourself too hard, you _____ burn out.

Answer: _____

If you work as a team, you _____ more successful.

Answer: _____

If you don't listen to your coach, you _____ progress.

Answer: _____

Answers

If you train hard, you _____ better results.

Answer: will achieve

If you don't warm up properly, you _____ injured.

Answer: may get

If you practice regularly, you _____ your skills.

Answer: will improve

If you eat a balanced diet, you _____ more energy.

Answer: will have

If you don't stretch before exercising, you _____ muscle cramps.

Answer: might get

If you play fair, you _____ the respect of others.

Answer: will gain

If you don't hydrate yourself, you _____ tired quickly.

Answer: will feel

If you push yourself too hard, you _____ burn out.

Answer: might

If you work as a team, you _____ more successful.

Answer: will be

If you don't listen to your coach, you _____ progress.

Answer: won't