

YT:Indoor vs. Outdoor Exercise (Healthguru)

Source:<https://www.youtube.com/watch?v=yNI470US6xE>

WATCH the documentary and use the target vocabulary below to **present the pros and cons of indoor and outdoor exercise.**

Outdoor Exercise

Pros:

1. being out in
2. having to address ever changing & conditions
3. you exercise in the fresh
4. more effective in improving your mental
5. it doesn't as much as the gym membership

Cons

1.
2.
3.

Indoor Exercise

Pros:

1. no risk for sun.....
2. weather is no excuse to a workout
3. the machine let you make fast regarding the a) pace, b) incline, c) and d) intensity
4. the treadmill is on joints than running on a pavement
5. you can combine with strength - in one session

Cons

1. you're in the same It's getting boring and repetitive.
2. you don't get enough doses of sun.....