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https://www.100test.com/kao_ti2020/132/2021_2022__E8_B5_B0_E9_81_8D_E7_BE_8E_E5_c96_132427.htm 10-12集 A Piece of Cake ACT I I am exhausted. My new exercise class is so hard. 我太累了。我的健身班太难了。 Your new exercise class? 你的新健身班 Yeah. My new advanced exercise class. 对。新的高级健身班。 Why advanced? 为什麼是高级 My instructor thought that 老师认为是这样 the beginners class was too easy for me. 初级课程对我来说太容易了。 Too easy for you? 对你太容易了 Dont laugh. In the beginners class, 别笑。那可是初级班 they give you a chance to rest between exercises. 你有机会休息 So? 那又怎麼样 The advanced class is nonstop. 高级课程是没有休息的。 I lift weights every morning for sixty minutes 每天早晨我举重六十分钟 without stopping. 中间还不是没有休息。 No problem. 小事一桩。 Listen, Richard, 听著 Richard doing aerobics for an hour is a lot different than lifting weights. 一小时的有氧运动可与举重大不相同。 Yeah. Quite a bit different. 是啊大不一样。 I think aerobics is easy. 我觉得有氧运动很容易。 I could work out in your class with no problem. 如果我去，一定不会觉得有问题。 You think so? 你这样认为 Oh, without a doubt. 啊毫无问题 Whens the next class? 下一次上课什么时候 Tomorrow morning at ten oclock. Try it. 明早上十点，试一试吧。 Tomorrow morning after lifting weights, 明早举完重 Ill try aerobics. 我去试试有氧运动。 Its a nap. Tomorrow morning at ten oclock. 简单得很。明早十点。 Arent you going to the aerobics class this morning? 今天上午你不

是去上有氧运动课吗 Of Course. Easy. No sweat. 当然 小事情 绝无问题。 You are not going to be able to move 你会动都动不了的。 after this and the aerobics class. 在你做完这个 又去上有氧运动课之後。 Are you kidding me? 你笑我 ? Its going to be a piece of cake. 这种事不费吹灰之力。 You want to bet? 想打赌吗 Yeah. Whats the bet? 好啊 赌什麼 I bet I can go one hour in your class this morning and not feel a thing ! 我打赌我今天能上完一小时的健身课 , 而且丝毫不累。 !and not feel a thing! 丝毫不累。 The bet is -- I win, and you cook dinner for the entire family. 这样赌好了 Or you win, and I cook dinner for the entire family. 要是你赢了 , 我替全家做晚餐。 Its a bet. 一言为定。 Ok. Call my instructor, Jack Davis, right now. 好 给我的教练jack Davis打个电话 现在就打。 His number is 555-8842. 他的电话是5555-8842 The advanced class starts at ten oclock. 高级健身课十点钟开始。 Well, its eight twenty now. 现在是八点二十了。 It only takes eight minutes by bicycle to the aerobics class. 骑自行车去上有氧运动课只需要八分钟。 Give him a call. 打个电话给他 Davis Aerobics Center for Good Health. Davis有氧运动动健身中心 Jack Davis, please. 请找Jack Daviis。 This is Jack Davis. 我就是Jack Daavis。 Hello. This is Richard Stewart. 你好 我是Ricchard Stewart。 My wife, Marilyn Stewart, is a member of your program. 我太太Marilyn Stewart是你的学生。 Id like to come to the ten oclock advanced class this morning. 我想 今早十点来上这个高级健身班。 Oh, fine, fine. Be here a few minutes early. 啊 好好。 乔早几分钟到这。 You need to complete some forms before the class. 上课之前你得填 一些表格。 Thanks. Im on my way over. 谢谢 我马上来。

Good-bye. 再见。 Bye-bye. Its all set. Im going. 再见。 都安排好了。 我现在就去。 Bye. 再见。 Bye. 再见。 See you later. 待会见。 Good luck. 祝你好运。 Dont forget about the bet. 别忘了打赌的事 Dinner for the entire family. 给全家做晚餐 And that includes Susan. 包括Susan的。 Dont you forget. 你自己别忘了 I think aerobics is easy. Its easy. No problem. Its a piece of cake. No sweat. Its easy. No problem. Its a piece of cake. No sweat. Its a snap. Its easy. No problem. Its a piece of cake. No sweat. Its a snap. My new exercise class is so hard. Its not easy. Its rough. Its difficult. its tough. Its not easy. Its rough. Really difficult. Its hard and its tough. Its not easy. Its difficult. Its rough. Its very hard. Its difficult. Its hard and its tough. Tough. Tough. I think aerobics is easy. Its easy. No problem. Its a piece of cake. No sweat. My new exercise class is so hard. Its not easy. Its rough. Its difficult. Its tough. Its easy. I think aerobics is easy. Its not easy. Why are exercise classes so hard? Its easy. I think aerobics is easy. Its not easy. Its a snap. A snap. No, its tough, tough, tough. 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com