

## IELTS Speaking Test PART 2 Sample Question and Answer

by Jane Lawson at DailyStep.com

**Question:** Describe a type of exercise you know. You should say:

- what it is
- how it is done
- when you first tried it
- what kind of people it is suitable for
- and explain why you think it is a good exercise.



**Answer:** The exercise that I like the most is called rebounding. **It basically involves** bouncing on a mini trampoline, also called a rebounder. It's **a very easy exercise to do**, in fact I think it's one of the easiest exercises.

**All you need to do is** stand on the rebounder and start bouncing up and down. It's best to **start gently at first, then increase the intensity of the exercise** after a few minutes. You can also move around in different ways, for example twisting your body, and ideally **hold small weights** in your hand so as to **exercise the muscles in your upper body** as well as **in your lower body**.

I first tried this exercise about 5 years ago, because I wanted **an aerobic exercise** that I could do at home **in any weather**. I also needed something that was fun, **otherwise I would lose motivation**.

Rebounding is **suitable for everybody to do**. You can have a really vigorous workout **until you are completely out of breath**, or, if you are feeling tired, you can just **move gently** on the rebounder **without using too much energy**. Apparently, it's a very **good exercise for people who are recovering from an injury** and also for elderly people, as long as they use a hand bar for stability.

I have read that it is **an excellent form of exercise because** the up and down

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motion **has a unique effect on the body**, causing all your **muscles to contract** each time your feet hit the rebounder. At the top of each bounce, it also **stimulates your lymphatic system, which improves detoxification and overall health.**

This sample answer took around 2 minutes, which is the maximum time you need to speak without stopping in Part 2 of the IELTS speaking exam. Now, try this yourself, and if possible record your answer so you can listen back to it.

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