

B1-B2 English Worksheet: Gym Goblin Fashion - 25 June 2026

Article

A new fitness fashion trend is being called gym goblin style. It is very different from neat matching gym sets. People wear oversized T-shirts, old trainers, baggy shorts and vintage sportswear. The look is relaxed, messy and comfortable.

The trend is partly a reaction to perfect fitness photos on social media. Some people are tired of feeling that they must look beautiful while they exercise. Gym goblin style says that people can go to the gym in clothes that feel easy and personal.

Vintage clothing also gives the trend more depth. Old sports tops, retro brands and second-hand clothes can be cheaper and more individual than new activewear. The style may not be for everyone, but it suggests that fitness can be less about looking perfect and more about moving your body.

True/False

Decide if each statement is True (T) or False (F).

1. Gym goblin style is a new fitness fashion trend.
2. The article says it is based on neat matching gym sets.
3. People may wear oversized T-shirts, old trainers and vintage sportswear.
4. The trend is partly a reaction to perfect fitness photos online.
5. The article says everyone enjoys looking beautiful while exercising.
6. Second-hand clothes can be cheaper than new activewear.
7. The article says gym goblin style is perfect for absolutely everyone.
8. The final paragraph says fitness can be more about moving your body than looking perfect.

Phrase Match

Match the phrases (1-10) to the correct definitions (A-J).

Phrases (1-10)	Definitions (A-J)
1. gym goblin style	A. bored or annoyed with something
2. matching gym sets	B. old sports clothes with a retro look
3. oversized T-shirts	C. clothes that someone else owned before
4. vintage sportswear	D. sports clothes that are the same colour or design
5. social media	E. exercising or being physically active
6. tired of	F. websites and apps where people share posts
7. go to the gym	G. may not suit or please all people
8. second-hand clothes	H. a relaxed and messy gym fashion look
9. not be for everyone	I. visit a place to exercise
10. moving your body	J. very large T-shirts

Synonym Match

Match the words (1-10) to the correct synonyms (A-J).

Words (1-10)	Synonyms (A-J)
1. trend	A. casual
2. neat	B. less expensive
3. oversized	C. fashion
4. relaxed	D. flawless
5. messy	E. baggy
6. comfortable	F. unique
7. perfect	G. easy to wear
8. personal	H. untidy
9. cheaper	I. individual
10. individual	J. tidy

Use the new language

Choose 5 words or phrases from the worksheet and write your own sentences.

Discussion Questions

Student A

1. What clothes do you usually wear for exercise?
2. Do you prefer comfortable clothes or stylish clothes?
3. Have you ever bought second-hand or vintage clothes?
4. What clothes were fashionable when you were younger?
5. Do you think matching gym sets look good or boring?
6. Would you wear oversized T-shirts to the gym?
7. Do people in your country care a lot about gym fashion?
8. What is more important in clothes: comfort, price, brand or style?

Student B

1. Why do people feel pressure to look good at the gym?
2. Does social media make people worry too much about appearance?
3. Is vintage clothing better for the environment than buying new clothes?
4. Why do some people like clothes that look old or imperfect?
5. Can a relaxed clothing style make exercise feel easier?
6. Should gyms feel like fashion spaces or simple places to exercise?
7. Is it good when fashion trends make cheap clothes look cool?
8. What does your clothing style say about your personality?

Answer Key

True/False: 1=T, 2=F, 3=T, 4=T, 5=F, 6=T, 7=F, 8=T

Phrase Match: 1=H, 2=D, 3=J, 4=B, 5=F, 6=A, 7=I, 8=C, 9=G, 10=E

Synonym Match: 1=C, 2=J, 3=E, 4=A, 5=H, 6=G, 7=D, 8=I, 9=B, 10=F

Example sentences with the phrases

1. Gym goblin style is becoming popular with some young people.
2. Matching gym sets can look neat, but they are not for everyone.
3. Oversized T-shirts are comfortable for many workouts.
4. Vintage sportswear can make a gym outfit more interesting.
5. Social media often makes people compare themselves with others.
6. Some people are tired of perfect fitness photos.
7. You do not need expensive clothes to go to the gym.
8. Second-hand clothes can be cheap and stylish.
9. This trend may not be for everyone.
10. Exercise should be about moving your body, not just looking good.