

Game of Thrones star smashes weightlifting record

5th May, 2020



Creative Commons 2.0
via Lance Goyke on flickr.com

The Game of Thrones actor Hafthor Bjornsson has set a world weightlifting record by lifting 501kg. Mr Bjornsson, 31, set the record for deadlifting*. This is pulling weights from the floor to the chest, and then raising the weights above the head with the arms

fully extended. The actor broke the record at his personal gym in his native Iceland. He lifted the barbell for two seconds and then dropped the weights. He roared in delight at his achievement. His feat of power and strength was streamed by the sports broadcaster ESPN and posted on Bjornsson's YouTube channel. The record was previously held by a British man called Eddie Hall. In 2016, Mr Hall became the first man ever to lift 500kg.

Besides being an actor, Hafthor Bjornsson is a powerlifter. In 2018, he won the World's Strongest Man competition. He shot to fame when he portrayed Ser Gregor "The Mountain" Clegane in the hit series Game of Thrones. He is 2.05m tall and weighs 195kg, so people have dubbed him a "man mountain". Bjornsson explained how happy he was after breaking the deadlift record. He said: "I'm extremely proud, you know. I'm extremely happy....There's nothing better than proving people wrong. So many people didn't believe in me. So many people said, '501kg is never going to go up.'" He added: "I'm just absolutely speechless....I'm excited, super excited. This is huge for me."

* **ERROR:** A deadlift is from the floor to the level of the hips, not above the head.

Sources: bbc.com / dailymail.co.uk / thesun.co.uk

Writing

Weightlifting is a great sport to take up. Discuss.

Chat

Talk about these words from the article.

game / weights / floor / chest / personal / achievement / power / strength / 500kg / actor / fame / mountain / proud / happy / wrong / believe / speechless / excited

True / False

- a) A man lifted over 500kg above his head. T / F
- b) The arms have to be fully extended to get a deadlifting record. T / F
- c) The man lifted the weights above his head for over 20 seconds. T / F
- d) The man is the first person ever to lift 500kg or more above his head. T / F
- e) The man is also a World's Strongest Man winner. T / F
- f) The man played a character called the Iceberg in Game of Thrones. T / F
- g) Everyone knew the man could break the world record. T / F
- h) The man was lost for words after his record-breaking feat. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-----------------------|---------------------|
| 1. set | a. lost for words |
| 2. raising | b. achievement |
| 3. extended | c. nicknamed |
| 4. feat | d. up till now |
| 5. ever | e. straightened out |
| 6. portrayed | f. showing |
| 7. dubbed | g. established |
| 8. extremely | h. played |
| 9. proving | i. immensely |
| 10. speechless | j. lifting |

Discussion – Student A

- a) What do you think about what you read?
- b) Would you like to watch the World's Strongest Man competition?
- c) What are the good and bad things about being a "man mountain"?
- d) What are you extremely proud of?
- e) When was the last time you proved someone wrong?
- f) When was the last time you were speechless?
- g) What three adjectives best describe this story?
- h) What questions would you like to ask Mr Bjornsson?

Phrase Match

- | | |
|--|----------------------------|
| 1. raising the weights above the head with | a. proud |
| 2. in his native | b. the sports broadcaster |
| 3. He roared in delight | c. speechless |
| 4. streamed by | d. the arms fully extended |
| 5. The record was previously | e. a "man mountain" |
| 6. He shot | f. at his achievement |
| 7. people have dubbed him | g. people wrong |
| 8. I'm extremely | h. held by a British man |
| 9. There's nothing better than proving | i. to fame |
| 10. absolutely | j. Iceland |

Discussion – Student B

- What do you know about the show Game of Thrones?
- What do you think of weightlifting?
- How much weight do you think you can lift?
- Why do you think people like weightlifting?
- Should everybody do weight training to stay strong?
- What world record would you like to break?
- Is weightlifting a sport?
- When was the last time you roared with delight?

Spelling

- set the record for ilidaendtg
- nsiargi the weights above the head
- with the arms fully tdnedxee
- in his venati Iceland
- He roared in dlqtehi
- rlivyoesup held by a British man
- the World's Strongest Man oiitpontcem
- he doyratepr Ser Gregor
- people have duebdb him a "man mountain"
- I'm mlrytxeee proud
- npiogvr people wrong
- I'm just aosbtlluey speechless

Answers – Synonym Match

1. g	2. j	3. e	4. b	5. d
6. h	7. c	8. i	9. f	10. a

Role Play

Role A – Bike

You think the bike is the best thing about the gym. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): free weights, sauna or aerobics.

Role B – Free Weights

You think free weights are the best thing about the gym. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): bike, sauna or aerobics.

Role C – Sauna

You think the sauna is the best thing about the gym. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): free weights, bike or aerobics.

Role D – Aerobics

You think aerobics is the best thing about the gym. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): free weights, sauna or bike.

Speaking – The Gym

Rank these with your partner. Put the best things to do in a gym at the top. Change partners often and share your rankings.

- | | |
|------------|-------------------|
| • yoga | • bike |
| • sauna | • running machine |
| • skipping | • free weights |
| • aerobics | • rowing machine |

Answers – True False

a	T	b	T	c	F	d	F	e	T	f	F	g	F	h	T
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

Answers to Phrase Match and Spelling are in the text.