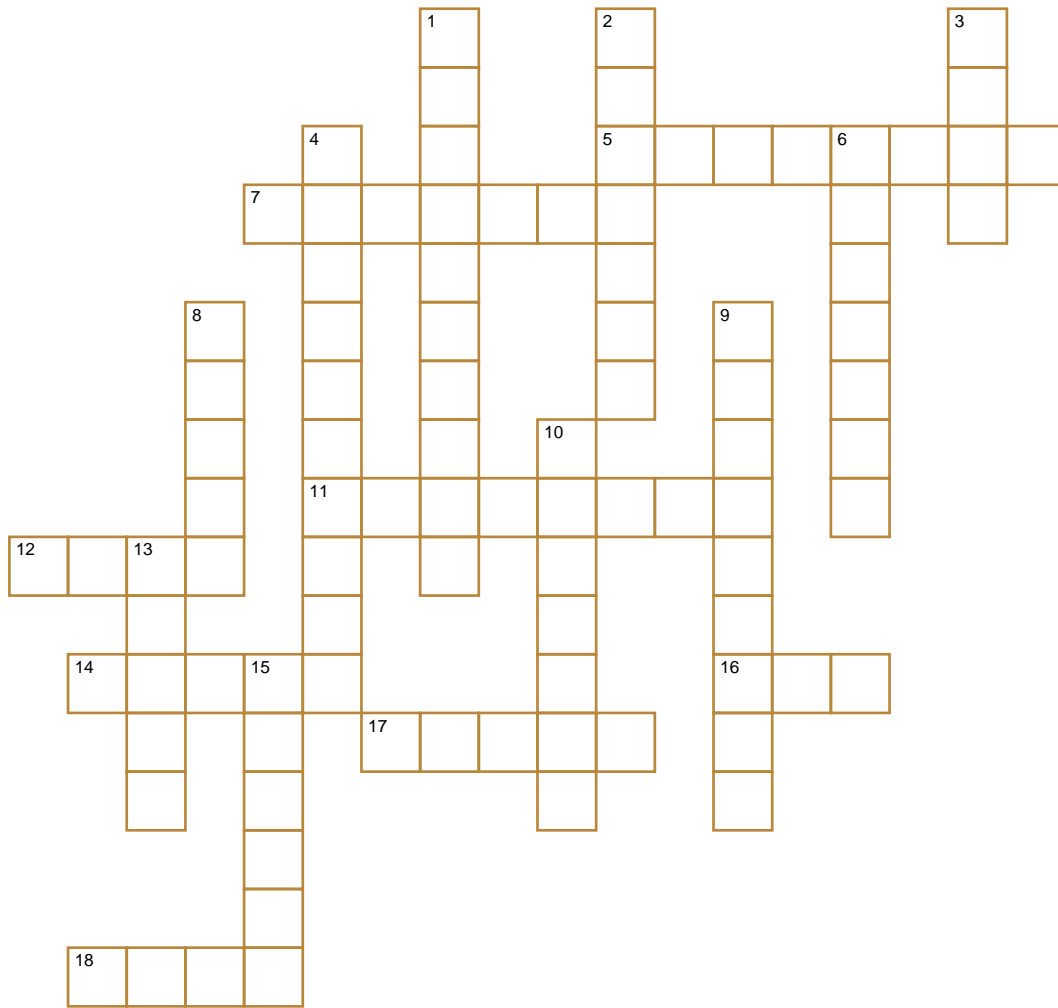


# Reading 19: Sitting and Working Out

www.englishclip.com



## Across

5. In fact (adv)
7. Use a chair to do this 3,4 (v)
11. Where you arm connects to your body (n)
12. Put one foot in front of the other a few times (v)
14. Lift up (v)
16. Small but useful advice (n)
17. At the same time (n)
18. Think about things in this (n)

## Down

1. Also, plus 2,8 (adv)
2. Get onto your feet 5,2 (v)
3. Opposite to push (v)
4. Let to right
6. In contact with something. The ladder was \_\_\_\_\_ the wall.
8. A rest, stop doing something (n)
9. Opposite to behind you 2,5,2 (adv)
10. Easily understood, explained very well (adv)
13. Study and get knowledge (v)
15. Hour, minute, \_\_\_\_\_