

# Reading 19: Sitting and Working Out

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D O G N X M I N D R X L B D S T A N D U P X O G B  
V H B R E L Y I N A D D I T I O N Q L F C L S A D  
Q B F Q P A N A V C Z D Y Y Y S E C O N D F G C U  
I S F U I O S X X E J A R S F I D H F M Q Z K T X  
O K H E F O T Z V J Z M V Z X N H D M K P V N U V  
J X A G A I N S T L E A R N O V V L K X P Z S A J  
O N V N P F I U H T H Q T D D I E D B N L Q I L I  
T D M E W U F O D I B C A G K I O V O L T R T L N  
O F X T C B Z Y Z P R O F U H P H N T G K J D Y R  
L P Y R T W L M T S I D E T O S I D E V W E O K D  
Q H A A P N U L P Z T G E G I M Z A O J A B W R E  
N W X D B H Y W H I L E Y N J A D B O Y L O N A S  
V U H R R A K W T B Z V E P M L H E V H K K O I Z  
W B U R E C G V P S F N E U R S H O U L D E R S I  
X U K W A S C I N F R O N T O F H A W M H T C E U  
H L G D K D C L E A R L Y M K N A E J G Z I T C W  
G P U L L L N Y D O Y D Z Y G V G F C V P P P Q X

stand up

sit down

in front of

against

second

in addition

tip

break

actually

clearly

shoulder

raise

pull

while

mind

walk

learn

side to side