

# Reading 20: Weight Lifting

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

gym

mistake

swing

fall out of

land

worse

recover

pressure

pass out

rest

common

heavy

hurt

breathe

dangerous

grow