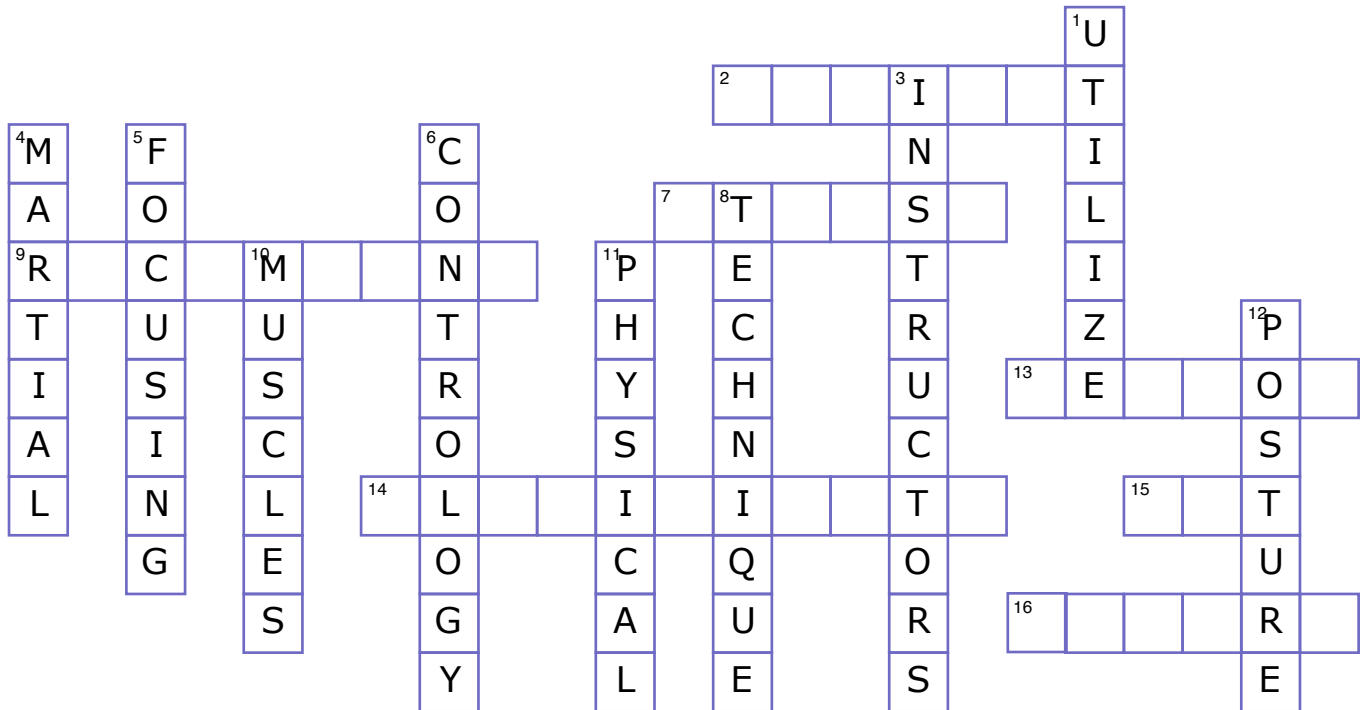


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Across

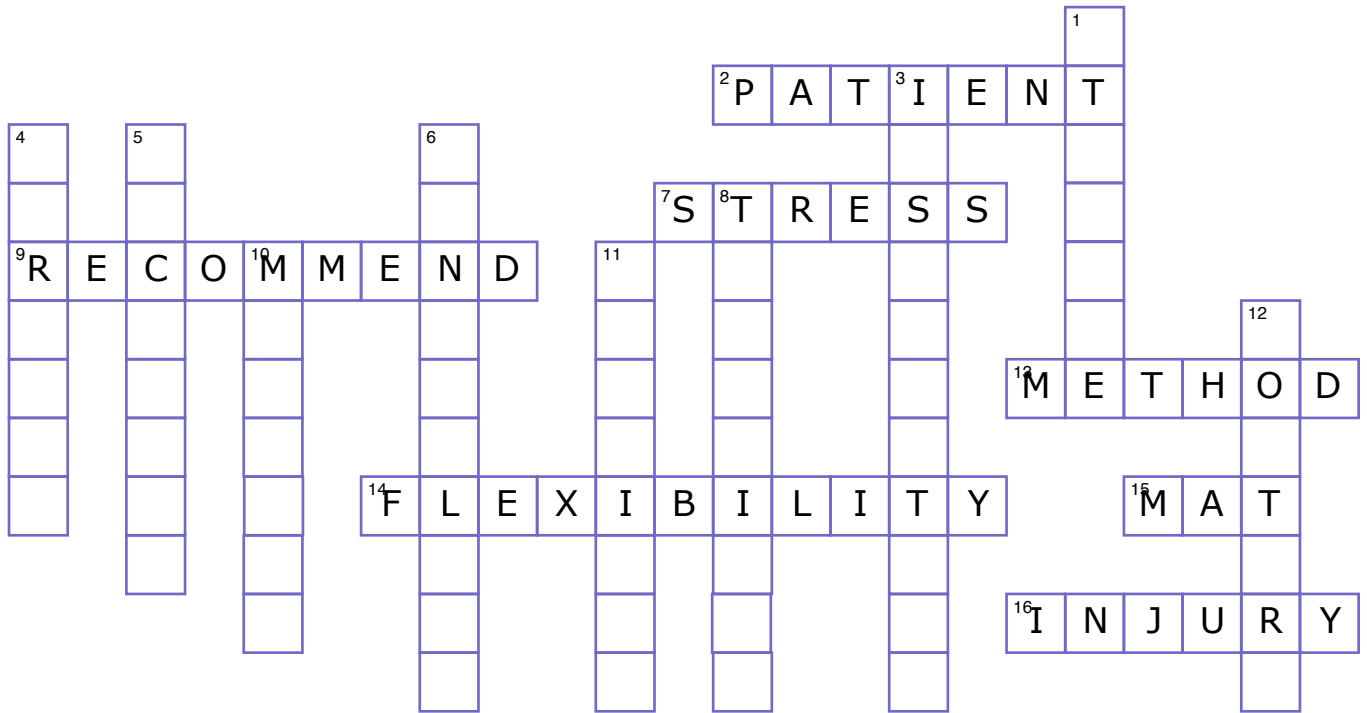
- 2.
- 7.
- 9.
- 13.
- 14.
- 15.
- 16.

Down

1. To use (v.) [UTILIZE]
3. Teachers (n.) [INSTRUCTORS]
4. Related to fighting and war (adj.) [MARTIAL]
5. Looking very closely at one part (v.) [FOCUSING]
6. Complete coordination of body, mind, and spirit (n.) [CONTROLOGY]
8. A way of doing something (n.) [TECHNIQUE]
10. They move your body around (n.) [MUSCLES]
11. Related to the body (adj.) [PHYSICAL]
12. Position of your body and how you move (n.) [POSTURE]

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Across

- 2. Receives medical care (n.) [PATIENT]
- 7. Tension (n.) [STRESS]
- 9. Suggest something in a positive way (v.) [RECOMMEND]
- 13. Technique (n.) [METHOD]
- 14. Bendable, can adapt if it has this quality (n.) [FLEXIBILITY]
- 15. Piece of material you put on the floor for exercise [MAT]
- 16. Get hurt (n.) [INJURY]

Down

- 1.
- 3.
- 4.
- 5.
- 6.
- 8.
- 10.
- 11.
- 12.