

**Across**

3. _____ something in your hand (v)
 5. Lots
 6. Be _____ are you will break it (adj)
 9. Do something with it (v)
 10. Teacher in the gym (n)
 11. Feel pain (v)
 13. Begin something (v)
 14. Seafood ((n)

Down

1. Your doctor may give you this (n)
 2. Using weights to make your body stronger (v)
 4. Heavy things you put on a bar (n)
 5. Beef, pork, chicken etc.(n)
 7. Pick it up (v)
 8. Opposite of pull (v)
 12. Use your brain (v)