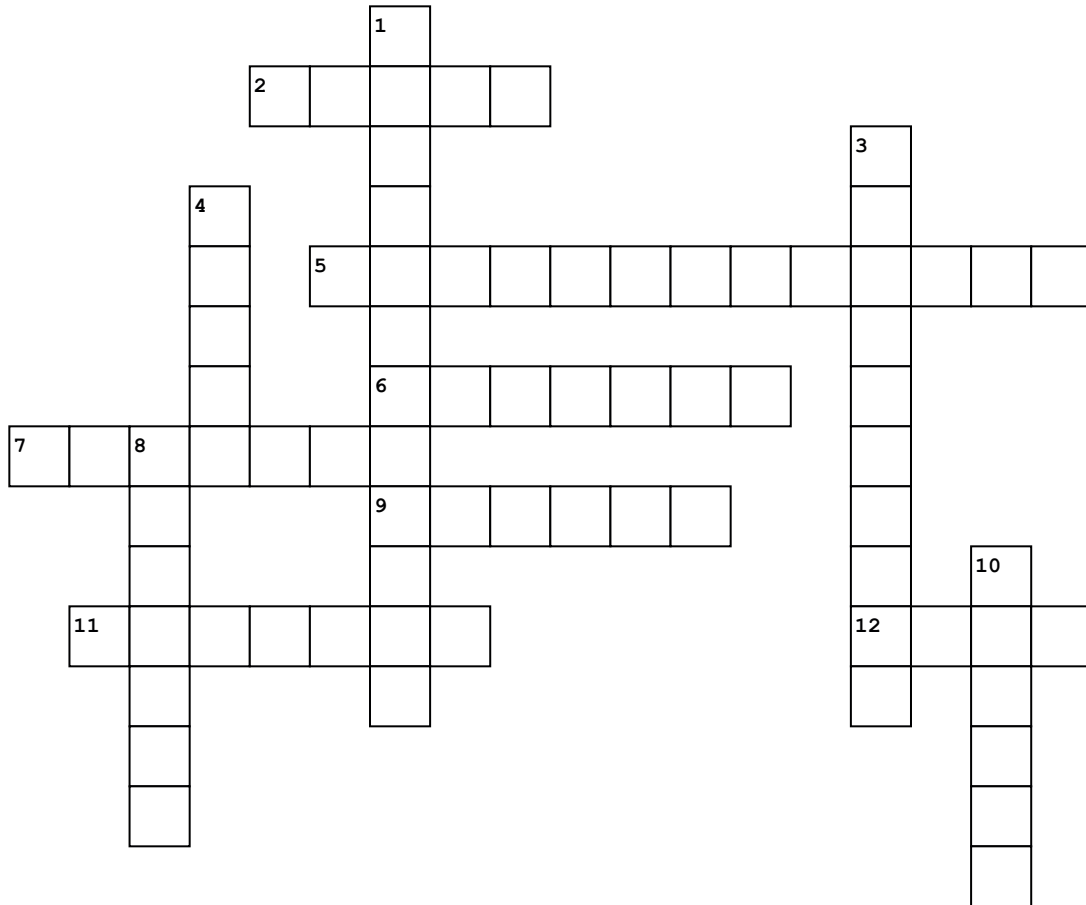


Diary of a Wimpy Kid - November



Across

2. press an exercise in which a lifter lies on a bench and raises a weight with both arms
5. the activity of lifting heavy objects either as a sport or for exercise
6. having stopped working, often because you are old
7. to exercise in order to improve the strength or appearance of your body
9. to make your body bigger and heavier, especially by gaining more muscle
11. (carry) Carrying someone over the shoulder
12. one of the characters in a film, play, or dance, or the words, actions, or movements that are said or done by that character

Down

1. very quickly, without needing to think about it
3. not physically healthy enough for difficult exercise because you have not been involved in physical activities
4. to fail
8. set of rules, esp. to improve health
10. a competition for a position on a team or a part in a play