



Which is the most important basic physical ability in these sports or exercises? (All of them are important but there is always one more important than the others)

Weight lifting



Athletic race (100m)



Marathon (42,2km)



Rhythmic Gymnastics



Cycling (200 km approx.)



Shot-put





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Yoga



Swimming (50 m. Crawl)



Tug of war



Wrestling



Triathlon



Climbing

