

## Read the paragraph

**From the very first caveman to scale a tree or hang from a cliff face, to the mighty armies of the Greco-Roman empires and the gymnasiums of modern American high schools, calisthenics has endured and thrived because of its simplicity and utility.**

**Unlike strength training which involves weights, machines or resistance bands, calisthenics uses only the body's own weight for physical development.**

### Questions

29) the origin of the word 'calisthenics' \_\_\_\_\_

30) the last popular supporter of calisthenics \_\_\_\_\_

31) the first use of calisthenics as a training method \_\_\_\_\_

32) a multidisciplinary approach to all-round health and strength \_\_\_\_\_

33) reasons for the survival of calisthenics throughout the ages \_\_\_\_\_

34) medical substance to increase muscle mass and strength \_\_\_\_\_

35) a reference to travelling showmen who displayed their strength for audiences \_\_\_\_\_

Calisthenics enters the historical record at around 480 B.C., with Herodotus' account of the Battle of Thermopylae. Herodotus reported that, prior to the battle, the god-king Xerxes sent a scout party to spy on his Spartan enemies.

The scouts informed Xerxes that the Spartans, under the leadership of King Leonidas, were practicing some kind of bizarre, synchronised movements akin to a tribal dance. Xerxes was greatly amused. His own army was comprised of over 120,000 men, while the Spartans had just 300.

Leonidas was informed that he must retreat or face annihilation. The Spartans did not retreat, however, and in the ensuing battle they managed to hold Xerxes' enormous army at bay for some time until reinforcements arrived. It turns out their tribal dance was not a superstitious ritual but a form of calisthenics by which they were building awe-inspiring physical strength and endurance.

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