

Complete

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 **b**

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

33) reasons for the survival of calisthenics throughout the ages **a**

34) medical substance to increase muscle mass and strength

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