



# CALISTHENICS CROSS WORD

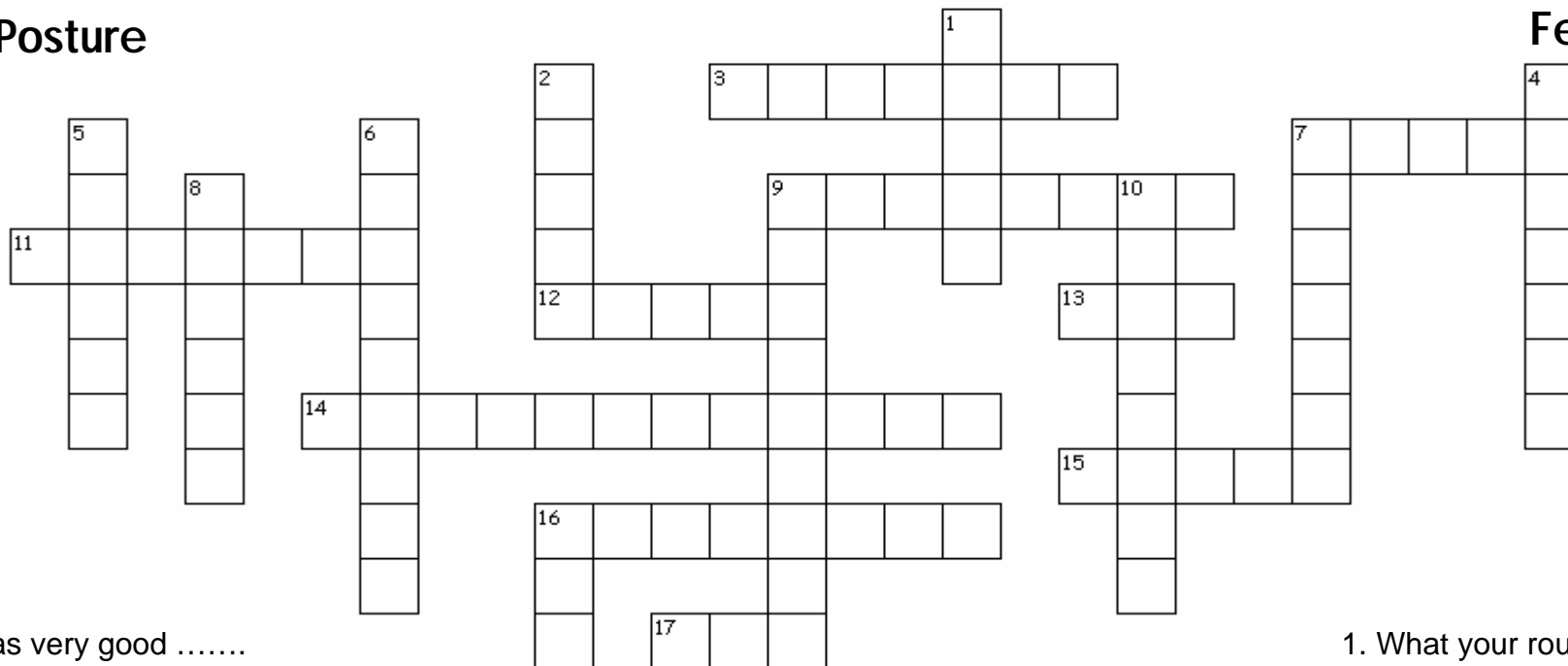


HEALTH THROUGH CALISTHENICS



Peter Posture

Felicity Flex



## Across

3. Peter has very good .....
7. Where you perform your routines
9. Who you perform in front of
11. You can make a lot of these at Calisthenics
12. Calisthenics is a type of .....
13. Long apparatus used in Calisthenics
14. The sport you did today
15. Teacher of Sport
16. Felicity is very .....
17. Calisthenics is a lot of ...

## Down

1. What your routines are set to
2. We swing these in Calisthenics
4. Something you may do at a Concert
5. Done before exercise
6. Calisthenics is unique to this country
7. What you should do after a warm up
8. You may win these at Calisthenics
9. The first thing you learn in Calisthenics is how to stand at.....
10. Done at the end of exercise
16. To be Physically Healthy

For more information contact **Calisthenics Victoria Inc.** on 9562 6011, or visit our website at [www.calisthenics.asn.au](http://www.calisthenics.asn.au)