

**10. Horizontal bar: single leg cut, turns in support, squat on**

1. For the single leg cut and turns in support, it is important to practice weight transfer from one hand to the other. Write 3 exercises suitable for this purpose.

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

2. What are the most common faults in a single leg cut on a horizontal bar that make it impossible to perform the element correctly?

a) \_\_\_\_\_

b) \_\_\_\_\_

3. Around which axis of the body do we rotate during turns in support on the horizontal bar?

sagittal          vertical          transversal

4. How do we provide assistance in squat on the horizontal bar?

\_\_\_\_\_  
\_\_\_\_\_

5. What muscles should be strengthened before practicing squat on?

\_\_\_\_\_

6. Can you perform a squat without elevating your heels off the floor? Write or draw 2 exercises aimed at stretching the calf muscles that you would include in the training for those who cannot perform this squat.

YES

NO

a) \_\_\_\_\_

b) \_\_\_\_\_