**14. Vault: pre-elements**

1. Jump pre-elements are important for training in which gymnastic disciplines?

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1. Write at least 5 different exercises for the development of explosive strength of the lower limbs.

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1. Which type of mechanical energy do we benefit from when using a springboard or trampoline?

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1. Choose the correct answer:
2. in front of the springboard, we perform a two-foot take-off, from the springboard a two-foot take-off
3. in front of the springboard, we perform a two-foot take-off, from the springboard a single-leg take-off
4. in front of the springboard, we perform a single-leg take-off, from the springboard a two-foot take-off
5. in front of the springboard, we perform a single-leg take-off, from the springboard a single-leg take-off
6. Try and underline the ways you can jump rope:

regular jump rope bounce; single leg (right) jump rope bounce, single leg (left) jump rope bounce; regular bounce backwards with feet together; criss cross; double unders.

If you can do double unders, try how many you can do in one row: \_\_\_\_\_\_\_\_