

19. Balance beam: mount to the straddle pike stand, mount to the front squat support

1. What variations of mount to the squat support on the balance beam do you know?

2. What is the training procedure for the mount to the squat support on the balance beam?

a) _____

b) _____

c) _____

3. During the mount to the squat support we assist the gymnast

a) by lifting her hips

b) holding her arms from the front

c) by holding one shoulder and one ankle from the side

4. What form of mechanical energy is increased when you mount the beam and what does the amount of this energy depend on (how is it calculated)?

5. Underline the muscle groups where it is important to develop flexibility for the mount to the straddle pike stand:

Abdominal muscles

Deltoid muscles

Hamstrings

Abductors of the lower limbs

Adductors of the lower limbs

6. At what straddle stand width (cm) can you place your hands on the ground between your feet and hold for 10 seconds?
