

2. Floor: full turn on one leg, standing scale, bridge

1. What moments of force give the body rotation into a turn?
 - a) _____
 - b) _____

2. After completing the turn, do we place the raised leg on the floor in front of or behind the standing leg?

3. Stability in toe-standing is important for turns. How long can you stand on your right and left leg in the toe-standing position? Do 3 attempts on each leg, write down the best.
right leg: _____ left leg: _____

4. How should we target physical preparation for standing scale?
 - a) _____
 - b) _____
 - c) _____

5. Describe the sequence of individual movements when performing the standing scale:

6. How can we make the bridge training conditions easier?

7. When performing the bridge, we transfer the weight rather
 - a) on the hands
 - b) on the legs

8. When practicing bridge compensation by holding the body in the tucked position
 - a) is not recommended, it would reduce the effect of stretching
 - b) is recommended to be included before bridge training
 - c) is recommended to be included after bridge training