

**25. Parallel bars: swing in support, swing forward to straddle sit**

1. What simple supports on the floor can be used to strengthen the upper limbs as preparation for the parallel bars exercises?

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

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

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

d) \_\_\_\_\_

2. Draw the phase of the swing where the gymnast has

the highest potential energy:

the highest kinetic energy:

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3. Write down at least 3 common faults in swing execution?

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

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

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

4. How can we provide assistance to the gymnast when learning the swing forward to straddle sit?

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5. What fault usually prevents a gymnast from lifting the body up from a straddle sit and continuing with the next swing?

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