

**31. Elements performed on different apparatuses: inverted pike hang, inverted hang, L-sit**

1. What physical preparation is important for practicing inverted pike hang?

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2. List all apparatuses on which we can perform inverted pike hang.

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

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

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

3. What are the common mistakes when performing the inverted hang?

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

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

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

4. How do we hold the gymnast when we are providing assistance during inverted pike hang and inverted hang?

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5. In what positions can we perform the L-sit?

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6. Draw the lever principle of movement in the hip joint during L-sit (axis of rotation, gravitational force and muscular force).



7. Measure how long you can hold

Hanging bent legs rise (acute angle at the hips): \_\_\_\_\_

hanging L-sit (at 90°): \_\_\_\_\_