**9. Horizontal bar: pullover Felge?**

1. What are the two basic variations of the pullover according to the initiation technique?

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1. What is the correct grip for a pullover and how wide should it be?

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1. What muscle groups need to be strengthened before pullover training?

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1. Test your endurance in the pull up position, chin above a horizontal bar. How long did you remain?

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1. Rank the preparatory exercises in order of their usage in pullover drills.

\_\_\_\_\_\_ roll forward with hold in single phases

\_\_\_\_\_\_ pullover with a single leg take-off

\_\_\_\_\_\_ slow roll forward with assistance

\_\_\_\_\_\_ final support position

\_\_\_\_\_\_ pullover with the use of an inclined plane

\_\_\_\_\_\_ slow roll forward without assistance

1. During the pullover, the practitioner does mechanical work. What type of energy increases as a result?

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1. In the first and second phase of the pullover we assist the practitioner in a different way. Write how.

In the first phase:

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In the second phase:

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