

9. Horizontal bar: pullover Felge?

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

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

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

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

5. 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

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

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

In the first phase:

In the second phase:
