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Annotatsiya: *This article gymnastik exercise through the body power development and this with in conjunction akrobatik occupation of the occurrence - bearing action ketmaketlik the show be on wide coverage is given.*

Key words: *sports gymnastics, to tirmashib, rope, balance, gy mnastics skamenkasi, gymnastics wall, bench, wood, rope*

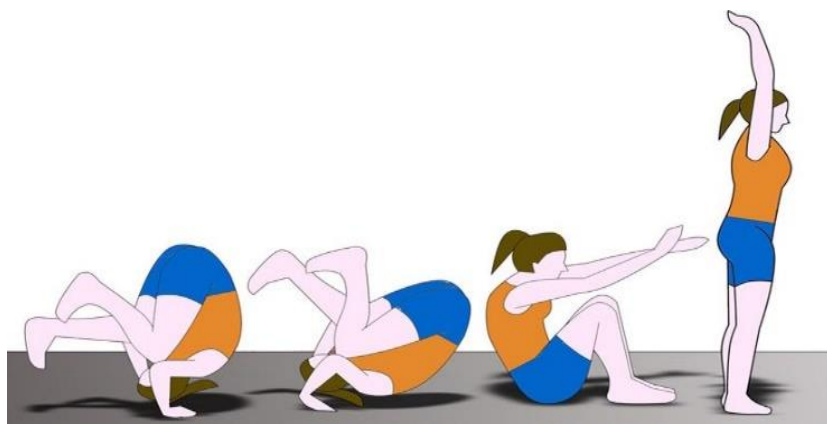
Your body physical structure improve and to fix the muscles strengthen and flexibility provide such as many goals in itself incarnate reached gymnastics of the world almost every in the state long from years since engaged in is coming. You when you are young , physical education in their classes gymnastics warming up actions or some one main exercises with met to be can Because gymnastics more agile , healthy and strong to the body have in becoming efficient has been many different exercises own into takes Of course , gymnastics in a professional manner with engage in a lot yearly training , experience and requires strength . However , it is new starters for gymnastics actions more flexible and strong to the body have to be who wants amateur athletes done by increase can If you easy gymnastics actions apply through exercise the plan want to make if you are , first your health and your muscles this to the plan suitable to come trust harvest to do need If ready If you are , we are gymnastics movement names and exercises through briefly information we give possible !

Gymnastics exercises from the start before , enough level warming up program done increase through your muscles exercise to do for to what you have prepared trust harvest to do need Gymnastics straight away flexibility and to endurance depends a sport that that it was due to , without warming up any that can be done training and actions possible has been to injuries take coming can In gymnastics often used warming up actions ; It is the neck , arms , back, spine step , internal and external legs and ankles such as many different muscle groups exercise to do for to prepare directed . Neck and hands stretching through ; different actions and music exercises perform through your finish can , then gymnastics actions exercise to do to start can

Forward and back somersault : A somersault in view very easy feeling possible , but basic gymnastics actions between from the first has been somersault to do right positions take over as it seems easy it's not . Forward somersault in exercises you upright standing and upright standing without initial position get need Your legs that you closed then your hands up you raise need Then your knees bend your hands again down When

lowering , bend your hips a little need Your jaw tip to your chest directed to be need and somersault during you your head not your neck to the ground you put need Then somersault to do and initial position Back to need

Back shift during your initial your position different to be need You to the ground



sit , legs flat and together your stretch and your hands up you raise need Then somersault to do need has been the speed get for you high your body forward bend your body managed way back your swipe need , your palms of your head two to the side

put This move done increase for his hands body and the head from the ground to raise level strong to be need Finally , you somersault you can do it , foot under your stay and action upright standing without your finish need By hand standing , artistic gymnastics and sports gymnastics actions for main exercise ; This is strength , balance and

endurance abilities requires a combination of By hand stand up for , forward somersault in action that it was as , first in line upright standing without and your legs one to the place put and start position get need Then one your leg forward stretched without your hands up you raise need If you this exercise the first times performing if you are , the wall in front exercise to do is useful . So so , you balance easier your storage can Your



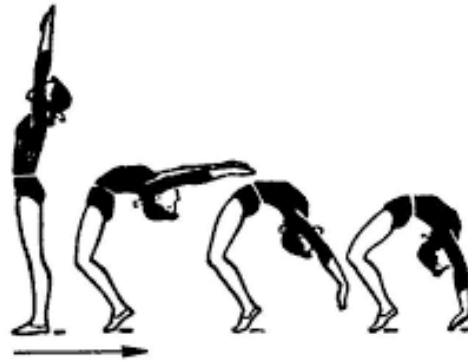
hands tense catch them down shake your palms to the ground complete press your body up you raise need Your hands up raised without , your body possible as long as forward shift very important If you your hands straight away your legs next to hand with If you try to stand , balance save you ca n't

Main gymnastics movements , as well as legs to open exercises also known as division movement own into takes However , this action right and safe perform for of the body known one flexibility level reach need Brief by doing so to speak , the first in your attempts , your legs to the ground to be completely parallel until from stress your escape need Aks without , you of muscles damage or cracks offer to do can Split action for two divided by : prev division and central division In the front division your high your body forward stretched out to your feet looked at in case Central in division your high your body forward looked at without , your feet both towards open Split exercise ,

as well as splits also known as , you your legs little by little move and be parallel to the floor for you open need But that 's it with together , you enough level warming up exercises for you to do trust harvest to do and each new training with your legs A little more, please stretching speed increase need you support from yoga blocks for help get can On the legs pain , tension or when you feel the tightness then , never when yourself forward you don't drive need

Forward bridge

If you in hand to move without difficulty to perform started If you are , go ahead bridge movement exercise to your program your addition can However , this action done in increasing your your back enough



flexible to be need Primary in position you your legs combine and stand your stay need Then your hands from your head up lift up and that's it with together one your leg forward stretch Your leg forward raised without to the ground strong standing without , your hands forward fast your palms to the ground touching while standing your leg into the air you raise need Your hands and one from your leg received acceleration another effect on your leg as well does Basically , it is to the part until forward bridge movement in hand you think to stand can But this trip your legs in the air upright does not stand . Your legs right and hand to the situation until you come stretched out to be need Then , one your leg to the floor until it touches your back bend , bridge situation to create need Finally , you another your leg to the ground you put and high your body complete correct the movement your finish need

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