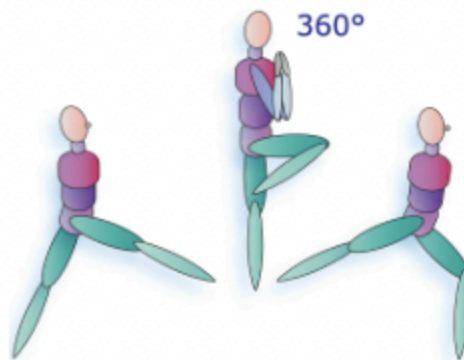


Stúlkur - Móment f/ æfingar í mars

Jafnvægi (3+1)	
Handstaða (HB1001)	https://youtu.be/lBGauWZiXGY
Píróett upp m. fót, 540 (DB1004)	https://youtu.be/Y-aGtKVS1uE
Flugvél 120 (SB806)	https://youtu.be/OzHPrdHVncw
Hliðarjafnvægi (SB807)	https://youtu.be/3jJoQO6CAYs
Planki saman með fætur (HB603)	https://youtu.be/BWjwSbomiV8
Hopp (3+1)	
Double stag ring (J1010)	https://youtu.be/wLXz1fAxCJI
Sisson (J1009A)	https://youtu.be/G1QHHmhd1IU
Tuckhopp 360 kyrrstætt (J802)	https://youtu.be/WBVKOo9M854
Hringhopp tuck (takeoff á 1 fæti) (J1029)	https://youtu.be/eJDs8C3PegE
Hringhopp m. annan fót boginn (takeoff á 1 fæti - lenda á sama fæti) - (J829)	Sjá mynd fyrir neðan (828 undirbúningsæfingar - https://youtu.be/Quo9tqUQjwY)
Hringhopp beinir fætur (takeoff á 1 fæti) (J828)	https://youtu.be/Quo9tqUQjwY
Acro (2+1)	
Handahlaup án handa (A1013)	https://youtu.be/EYUmGGRoWf4
Hliðarheljar (A1012)	https://youtu.be/LC2zgTnRSVA
Streit (A1007A)	https://youtu.be/wrr98tuczpA
Framheljar (A801)	https://youtu.be/TSuFXN__TIA
Flex	
Splitt (F1003)	https://youtu.be/sASv6G0ZEb0
Samloka (F802B)	https://youtu.be/tCiCHyhT45E

J829 



Kneopptrekk med skru - ett ben

Tydelig kroppert posisjon (vinkelen mellom hofte og kne 90° med 15° toleranse) i svevfasen. Rotasjonen skal fullføres i luften. Valgfri plassering av armer.

Hop with full twist with one leg bent in horizontal position

Take-off from one leg and landing on the same leg.

One leg must be lifted and bent so that the hip and knee angle are minimum 90°.

The other leg must be straight.

The full twist must be finished in the air.

Placement of arms is optional for the team (same for all gymnasts).