



ABS ACTIVATION

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- Sitting from shoulders (flex: a passive extension : b) 90° 1
- **Supine from shoulders 90° 2**
- Supine from legs 90° 3
- **Prone from shoulders 90° 4**
- Prone from legs 90° 5
- **Suspension concentric excentric static until 180° 6**
- Suspension from 90° to 180° 7
- **Down the bar: from shoulders (passive and pushing)8**
- Prone from straight position to >180° 9
- **Prone from straight position to pike position 10**
- Suspension with inversion 11
- **From straight to extension Supine 12**
- Double Standing wheels 13



Sitting from shoulders 1A

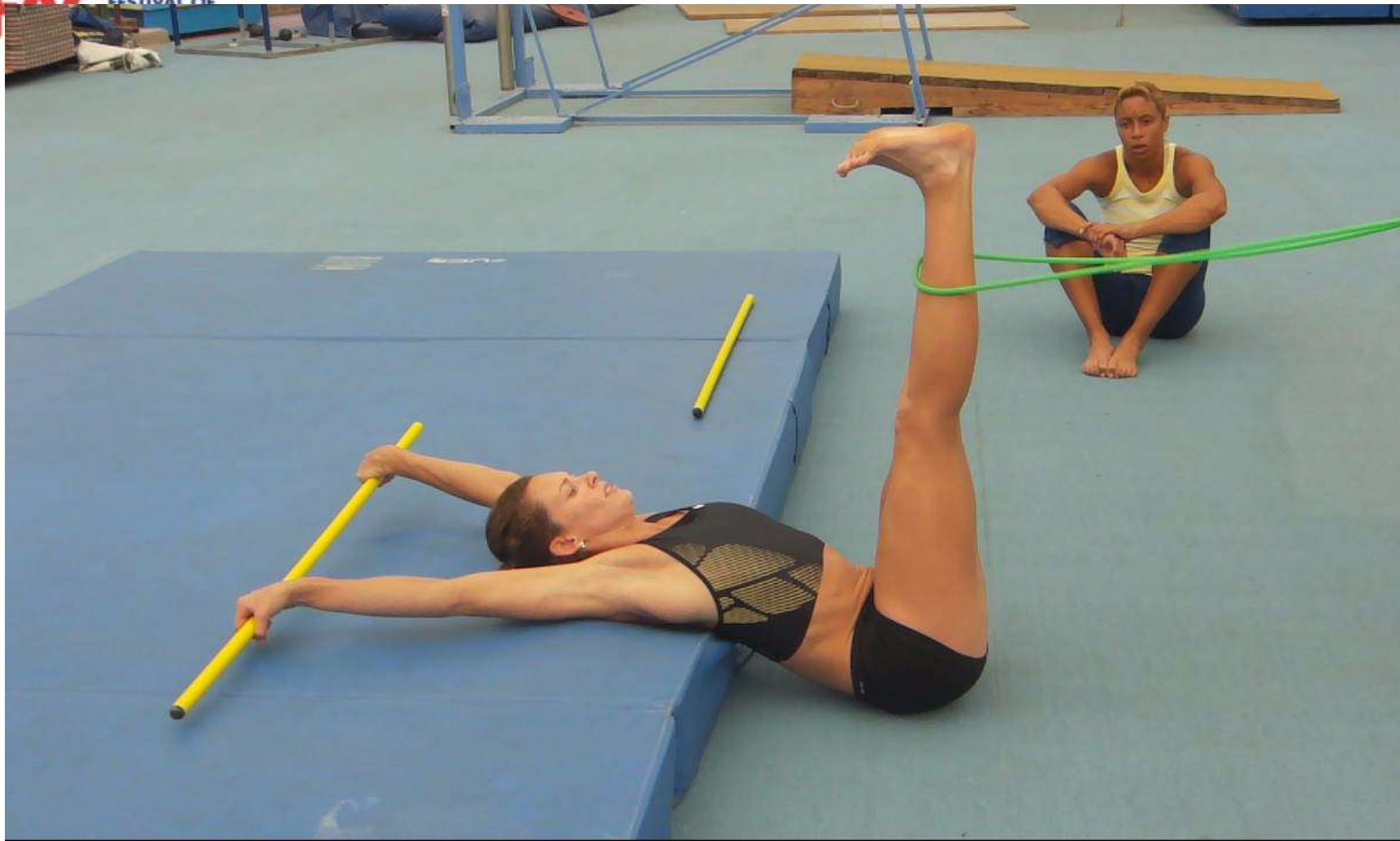


Supine from shoulders 2



Down the bar from shoulders 2





6 Down the bar : concentric excentric static



7 Concentric exentric from 90° to 180°



Down the bar: from shoulders 8



Prone from straight position to $>180^\circ$ 9



Prone from extension position to pike position 9/10



Down the bar with inversion 11



Double Standing wheels 13

