P- bars Dos and Don’ts

Support hold

Dos

- Chest up
- Feet and knees together
- Legs straight
- Hands parallel with each other
- Head up, eyes forward
- No body movement

Don’ts

- Chest down
- Knees and feet together
- Legs bent
- Hands uneven
- Head down
- Body swinging

Swings

Dos

Front swing

- Hips flat
- Shoulder over and slightly behind hands
- Arms straight
- Knees straight
- Feet and knees together
- Head up, eyes forward

Don’ts

Front swing

- Piked hips
- Shoulders behind hands
- Legs apart
- Knees bent
- Head back
- Arms bent

Dos

Backswing

- Back slightly arched
- Shoulder over and slightly in front of hands
- Arms straight
- Knees straight
- Feet and knees together
- Head up, eyes forward

Don’ts Backswing

- Piked hips
- Shoulders in front of hands
- Legs apart
- Knees bent
- Head down
- Arms bent

Straddle travels

- Legs straight in straddle
- Hips open in Straddle
- Head up
- Legs straight when feet are in the back and throughout the swing
- Arms straight