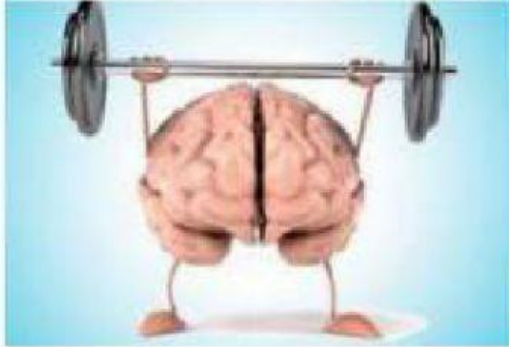


PARKOUR FOR BEGINNERS

Let's start:

1. Prepare your mind.



Calm down

Relaxa't

Be positive

Sigue's positiu

Don't take too many risks

No prenguis massa riscos

2. Get in shape progressively.



Warm up

Escalfa

Cool down

Refreda

Don't get injured

No et lesionis

3. Be creative.



Dont' worry

No t'ansoridis

Try different movements

Prova moviments diferents

Enjoy

Gaudiu's

4. Learn new skills.



Vaulting

Voltejar



Jumping

Saltar



Falling

Caure



Climbing

Escalar

Don't do that ...

Warning!



<https://www.youtube.com/watch?v=0Kvw2BPKjz0&t=84s>

Working out indoors...



<https://www.youtube.com/watch?v=xJJEzresLS4&t=250s>

Working out outdoors ...



<https://www.youtube.com/watch?v=nU5zILPvD8w>

Equipment inside the gym

➤ Drag the names to the correct image.



Plinth



Mat



Step



School buck



Wall bars



Swedish benches



Scene

