



# VELOCITY PLANK E SEBEDISWA JWANG?



**Metha botebo le bophahamo dintlheng tse tharo tsa noka tse fapaneng ka mekgahlelo. Qalong ea noka bohareng ba noka le qetellong ea noka.**

## MOHATO WA PELE (1): U METHA BOTEBO JWANG

- Metha botebo ba metsi dibakeng tse tharo tsa noka ho ea ka bophara.
- Beka rulara (Velocity Plank) ka bo sesaneng o shebe moo, etsi a hlahang a theoha teng. Metsi a lokela ho theoha le ho feta rulara ha bobebe.
- Ngela botebo ba metsi na ke bokae.
- Se ke wa ema ko pela rulara (Velocity Plank) hobane hona ho tla fetola hophalla ha metsi ho tlang ho susumetsa lipalo tseo o di inkuleng.
- Beha rulara ea hao hore bophara ba metsi bo shebe moo metsi a phallang teng.
- Sheba boteleleba moo metsi a khutluleng teng ka pela rulara le bokhutshoane ba moo metsi a khutluleng teng rulara (Velocity Plank) ka metsotsoana e mashome a mabedi.
- (Tlosa palo e kgutsoane geo o efumaneng ho etelele ho yeo o e fumaneng, ke moo o tlang ho tseba na batebo ba metsi ke bokae)
- Pheto tshebetso yena yeo re e dintlheng tse tharo bofebong bo tshoanang ba noka.

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