



Ngabe isetshenziswa kanjani I- Velocity Plank



Emaphoyinti amathathu (osebeni lomfula ngasesandleni sokudla, Phakathi nomfula nasosebeni lomfula ngasesndleni sobunxela) linganisa ukujula kanye noshintsho lobude lomfulo.

ISINYATHELO SOKUQALA: NGABE KULINGANISWA KANJANI UKUJULA KOMFULA.

- Linganisa ukujula komfula emaphoyintin amathathu
- Beka i-velocity plank lapho kugeleza khona umfula ukuze uhlangothi oluncane lubheke emanzini ahambayo. Amanzi kufanele ageleze kalula nxazonke.
- Qopha ukujula kokulinganisa
- Ungami phambi kwe-velocity plank, njengoba lokhu kuzoshintsha ukuzeleza komfula okuzoba nomthelela ekufundeni ozithathayo.

ISINYATHELO SESISIBILI: NGABE KULINGANISWA KANJANI USHINTSHO LOBUDE LOMFULO.

- Beka i-velocity plank perpendicular (ku-90 degrees) lapho kugeleza khona umfula.
- Bheka ubude nobufishane lapho kufinyelela khona amanzi kwi velocity plank. Ubheke imizuzu engamashumi amabili.
- Thatha umehluko wokuphakama kwamanzi kwi velocity plank ngokukhipha ubufishane kokude. Ukuze uthole okuhlukile ngobude.
- Yenza le nqubo ngamaphoyinti amathathu ebubanzini bomfula



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