



Lever Systems in Gymnastics

For each Gymnastics discipline below, answer the questions on the lever systems.



Identify the class of lever at the elbow joint when pushing off the vault table. Identify the fulcrum, effort, and load.



During a swing on the bars, explain how the shoulder joint acts as a pivot point and how increasing the length of the lever arm affects rotational speed.



When performing an arabesque on beam, describe which muscles and bones act as the effort and load at the hip joint.