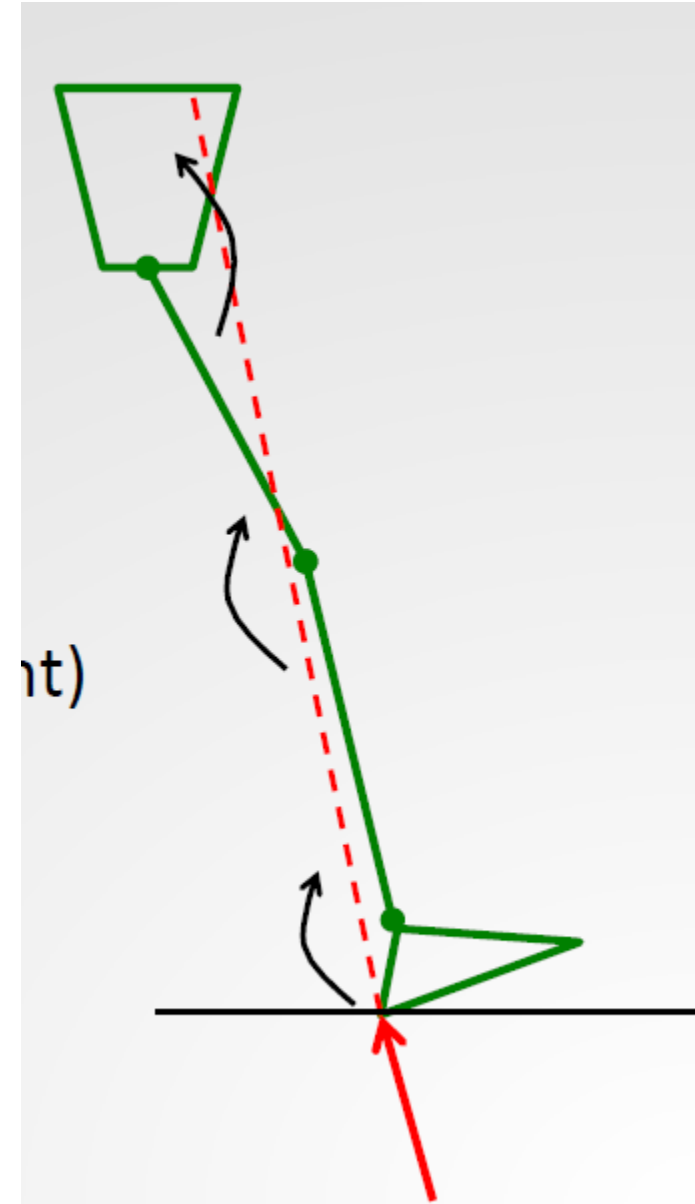


Mersul

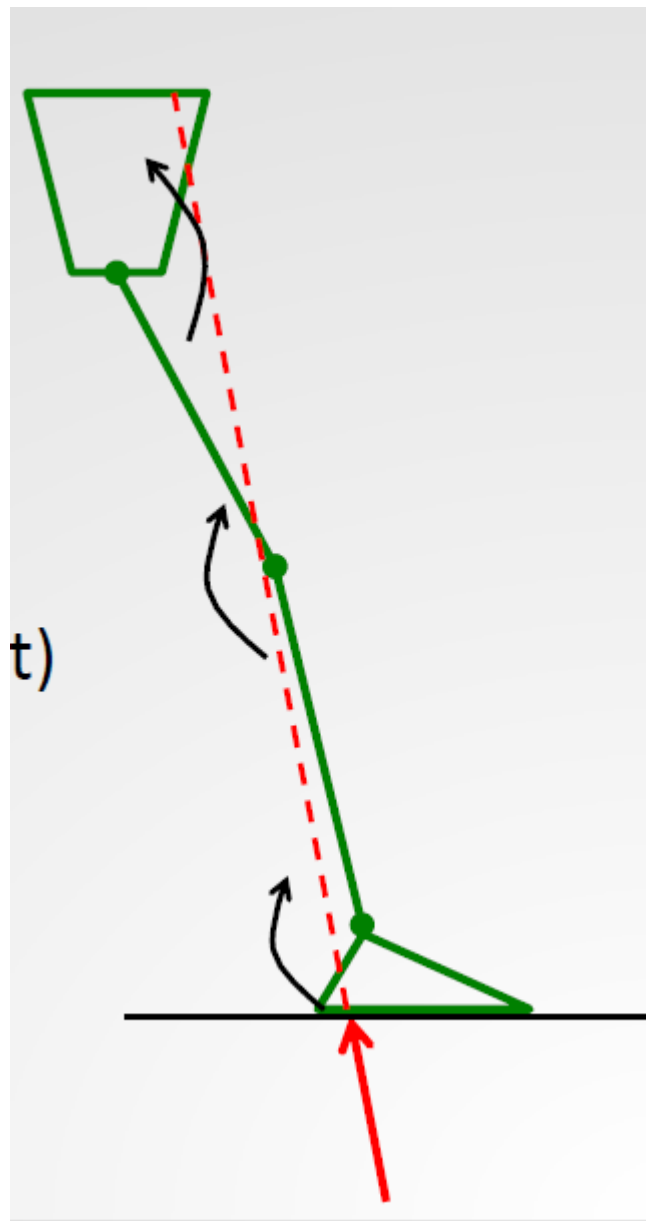
Perioada de sprijin

1. Contactul inițial – cu călcâiul



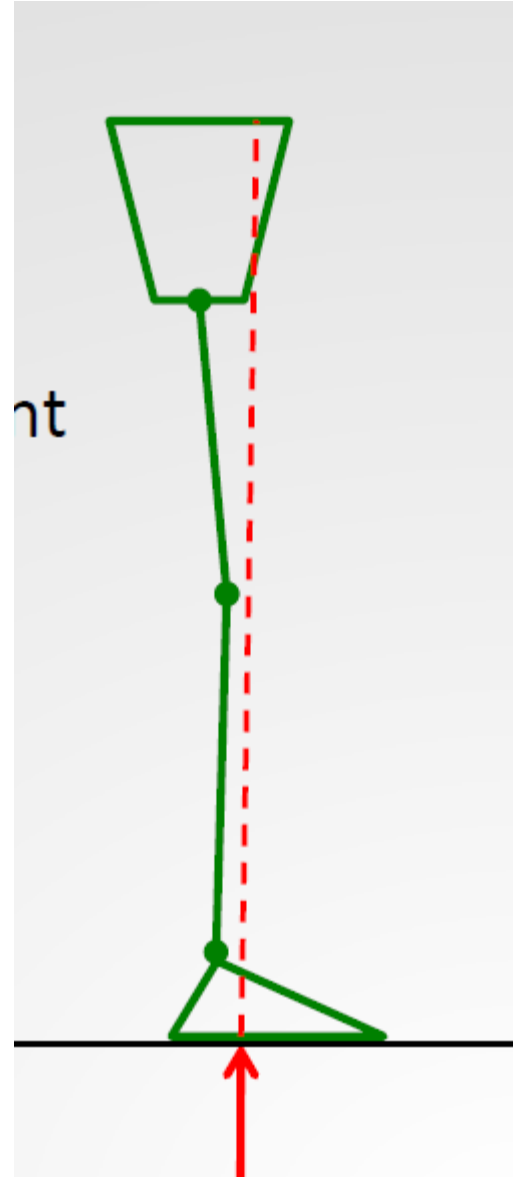
Perioada de sprijin

2. Încărcarea



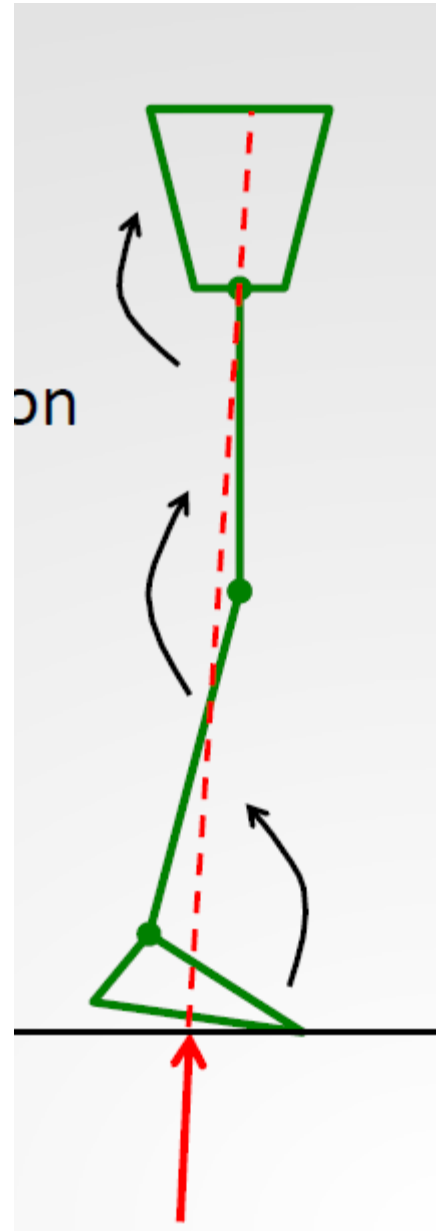
Perioada de sprijin

3. Sprijinul median



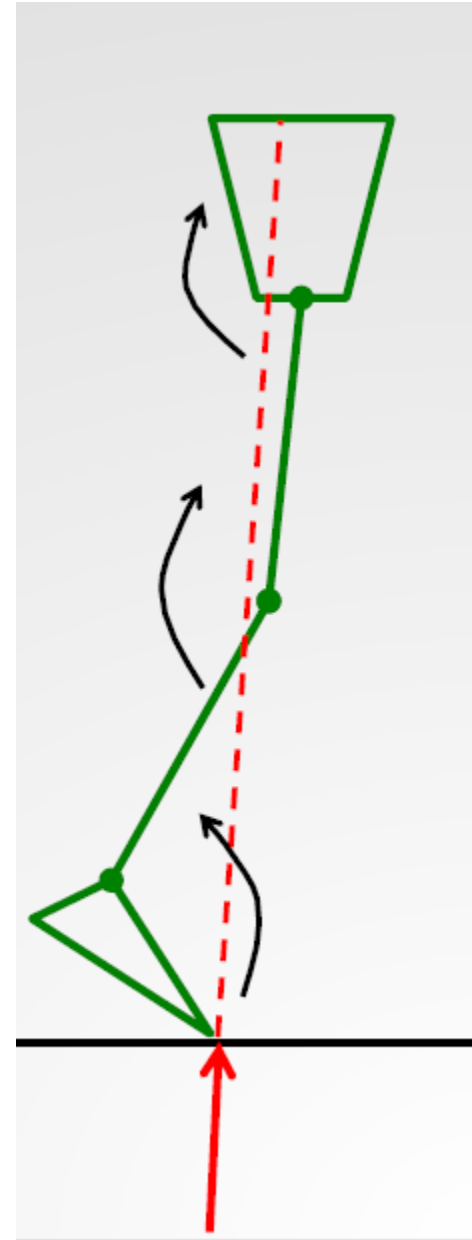
Perioada de sprijin

4. Terminarea sprijinului



Perioada de sprijin

4. Desprinderea de pe sol



Perioada de balans

- 1. oscilația inițială – accelerare**
- 2. oscilația de mijloc**
- 3. oscilația terminala**

Fazele ciclului de mers

- <https://www.youtube.com/watch?v=1u6d1CX7o9c>
- <https://www.youtube.com/watch?v=QAnEhz6Eqn4>
- https://www.youtube.com/watch?v=qnpg1L1Kgws&list=PLJcgE_k3qNQJZXXi6TraCcgudi5X5Afpv