

MVP Offseason Workouts - Basketball #1

Time	Activity	Notes
0-5 min 5 minutes	Warm up -Jog around the block for five minutes or run in place	-Start as slow as walking and gradually speed up to allow the body to warm up
6-15 min 10 minutes	Dribbling drills -Cross over, behind the back, spin, between the legs, hesitate w/ step back and cross over -6 of each, with each hand	-Change direction with purpose as if blowing by a defender or "breaking ankles" -Run a zigzag course about 10 feet wide and as long as it takes to make 3 change of directions on each side. Set up cones to indicate locations for changes in direction.
16-20 min 5 minutes	Speed/Explosion -15 Drop and jump	-Focus on spending as little time on the ground as possible from the drop
21-25 min 5 minutes	Rebounding Backboard toss: -10 defensive, 5 on the left and 5 on the right -10 offensive, 5 on the left and 5 on the right	-Defensive rebounding: keep ball up by chin with elbows out to protect the ball from defenders -Offensive rebounding: do not let the ball drop down to your waist when you bring down the rebound, it makes it easier for defenders to slap the ball away
25-36 min 10 minutes	Post moves -20 drop steps from each side of hoop *Water break*	-Focus on footwork, especially if you have never done the move before. Perfect the components of the move before going full speed. -Do 10 to the baseline and 10 to the middle on each side of the hoop.
36-40 min 5 minutes	Speed/Explosion -6 Drop and sprint forward, left, and right	-Alternate your takeoff foot, start the sprint with the left foot on half and the right foot on half

Basketball Training Program Sample

Jianjun Gao



Basketball Training Program Sample:

Fuel your quest for knowledge with is thought-provoking masterpiece, Explore **Basketball Training Program Sample** . This educational ebook, conveniently sized in PDF (PDF Size: *), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

<https://matrix.jamesarcher.co/data/uploaded-files/fetch.php/Auto%20Electricity%20And%20Electronics%205th%20Edition.pdf>

Table of Contents Basketball Training Program Sample

1. Understanding the eBook Basketball Training Program Sample
 - The Rise of Digital Reading Basketball Training Program Sample
 - Advantages of eBooks Over Traditional Books
2. Identifying Basketball Training Program Sample
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Basketball Training Program Sample
 - User-Friendly Interface
4. Exploring eBook Recommendations from Basketball Training Program Sample
 - Personalized Recommendations
 - Basketball Training Program Sample User Reviews and Ratings
 - Basketball Training Program Sample and Bestseller Lists
5. Accessing Basketball Training Program Sample Free and Paid eBooks
 - Basketball Training Program Sample Public Domain eBooks
 - Basketball Training Program Sample eBook Subscription Services

- Basketball Training Program Sample Budget-Friendly Options
- 6. Navigating Basketball Training Program Sample eBook Formats
 - ePub, PDF, MOBI, and More
 - Basketball Training Program Sample Compatibility with Devices
 - Basketball Training Program Sample Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Basketball Training Program Sample
 - Highlighting and Note-Taking Basketball Training Program Sample
 - Interactive Elements Basketball Training Program Sample
- 8. Staying Engaged with Basketball Training Program Sample
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Basketball Training Program Sample
- 9. Balancing eBooks and Physical Books Basketball Training Program Sample
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Basketball Training Program Sample
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Basketball Training Program Sample
 - Setting Reading Goals Basketball Training Program Sample
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Basketball Training Program Sample
 - Fact-Checking eBook Content of Basketball Training Program Sample
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

Basketball Training Program Sample Introduction

Basketball Training Program Sample Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Basketball Training Program Sample Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Basketball Training Program Sample : This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for Basketball Training Program Sample : Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Basketball Training Program Sample Offers a diverse range of free eBooks across various genres. Basketball Training Program Sample Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Basketball Training Program Sample Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Basketball Training Program Sample, especially related to Basketball Training Program Sample, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Basketball Training Program Sample, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Basketball Training Program Sample books or magazines might include. Look for these in online stores or libraries. Remember that while Basketball Training Program Sample, sharing copyrighted material without permission is not legal. Always ensure youre either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Basketball Training Program Sample eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Basketball Training Program Sample full book , it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of Basketball Training Program Sample eBooks, including some popular titles.

FAQs About Basketball Training Program Sample Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer webbased readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Basketball Training Program Sample is one of the best book in our library for free trial. We provide copy of Basketball Training Program Sample in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Basketball Training Program Sample. Where to download Basketball Training Program Sample online for free? Are you looking for Basketball Training Program Sample PDF? This is definitely going to save you time and cash in something you should think about. If you trying to find then search around for online. Without a doubt there are numerous these available and many of them have the freedom. However without doubt you receive whatever you purchase. An alternate way to get ideas is always to check another Basketball Training Program Sample. This method for see exactly what may be included and adopt these ideas to your book. This site will almost certainly help you save time and effort, money and stress. If you are looking for free books then you really should consider finding to assist you try this. Several of Basketball Training Program Sample are for sale to free while some are payable. If you arent sure if the books you would like to download works with for usage along with your computer, it is possible to download free trials. The free guides make it easy for someone to free access online library for download books to your device. You can get free download on free trial for lots of books categories. Our library is the biggest of these that have literally hundreds of thousands of different products categories represented. You will also see that there are specific sites catered to different product types or categories, brands or niches related with Basketball Training Program Sample. So depending on what exactly you are searching, you will be able to choose e books to suit your own need. Need to access completely for Campbell Biology Seventh Edition book? Access Ebook without any digging. And by having access to our ebook online or by storing it on your computer, you have convenient answers with Basketball Training Program Sample To get started finding Basketball Training Program Sample, you are right to find our website which has a comprehensive collection of books online. Our library is the biggest of these that have literally hundreds of thousands of different products represented. You will also see that there are specific sites catered to different categories or niches related with Basketball

Training Program Sample So depending on what exactly you are searching, you will be able to choose ebook to suit your own need. Thank you for reading Basketball Training Program Sample. Maybe you have knowledge that, people have search numerous times for their favorite readings like this Basketball Training Program Sample, but end up in harmful downloads. Rather than reading a good book with a cup of coffee in the afternoon, instead they juggled with some harmful bugs inside their laptop. Basketball Training Program Sample is available in our book collection an online access to it is set as public so you can download it instantly. Our digital library spans in multiple locations, allowing you to get the most less latency time to download any of our books like this one. Merely said, Basketball Training Program Sample is universally compatible with any devices to read.

Find Basketball Training Program Sample :

~~auto electricity and electronics 5th edition~~

~~atlantida egipto las fuentes egipcias de la historia de la atlantida atlantologa a histo3rico cienta fica nao 2 spanish edition~~
~~asus x540s~~

~~as nzs 5050 2010 business continuity managing~~

~~auditing and assurance services 15th edition arens~~

as i walked out one midsummer morning laurie lee

~~auditing and assurance in hong kong 2nd edition~~

~~auditing 2 process mining~~

aws certified solutions architect dump

badal sarkar

autodesk revit keyboard shortcuts guide

~~assessment chapter test b~~

~~auditing and assurance hw solution messier 8e~~

~~asset exam class 4 sample papers~~

~~as level business studies section 1 2 revision notes~~

Basketball Training Program Sample :

chapter 13 constitutional freedoms teacherweb - Aug 26 2022

web chapter 13 constitutional freedoms teacherweb getting the books chapter 13 constitutional freedoms teacherweb now is

not type of inspiring means you could

constitutional freedoms - Oct 08 2023

web chapter 13 constitutional freedoms in this chapter beyond the textbook state resources ngs mapmachine landmark supreme court cases spotlight video

constitutional freedoms mcgraw hill education - Jun 04 2023

web chapter 13 constitutional freedoms in this chapter beyond the textbook state resources landmark supreme court cases nations of the world atlas current events

chapter 13 constitutional freedoms teacherweb pdf - Jul 25 2022

web jun 3 2023 web epub chapter 13 constitutional freedoms teacherweb prive any person of freedom of speech press religion or assembly because these freedoms are essential

chapter 13 constitutional freedoms teacherweb pdf uniport edu - Jul 05 2023

web may 17 2023 to specifically acquire guide by on line this online broadcast chapter 13 constitutional freedoms teacherweb can be one of the options to accompany you

constitutional freedoms mcgraw hill education - Dec 18 2021

web chapter 13 constitutional freedoms in this chapter current events beyond the textbook time current events update state resources ngs mapmachine landmark

chapter 13 constitutional freedoms teacherweb pdf download - Oct 28 2022

web may 23 2023 chapter 13 constitutional freedoms teacherweb pdf and numerous books collections from fictions to scientific research in any way among them is this

chapter overviews - May 03 2023

web section 1 constitutional rights the constitution and the bill of rights inscribe into law the human rights or fundamental freedoms that belong to everyone the bill of rights

downloadable free pdfs chapter 13 constitutional freedoms - Dec 30 2022

web chapter 13 constitutional freedoms teacherweb the achievement gap in reading jan 27 2022 in this volume prominent scholars experts in their respective fields and

visualnews com - Jun 23 2022

web visualnews com

chapter 13 constitutional freedoms teacherweb pdf copy - Sep 26 2022

web jun 23 2023 harmful virus inside their computer chapter 13 constitutional freedoms teacherweb pdf is within reach in our digital library an online entrance to it is set as

chapter 13 constitutional freedoms teacherweb pdf - Sep 07 2023

web chapter 13 constitutional freedoms teacherweb 1 10 downloaded from uniport edu ng on september 13 2023 by guest

chapter 13 constitutional freedoms teacherweb as

chapter 13 constitutional freedoms teacherweb pdf pdf rce lms - Nov 28 2022

web may 10 2023 gone some harmful virus inside their computer chapter 13 constitutional freedoms teacherweb pdf pdf is clear in our digital library an online entry to it is set as

chapter 13 constitutional freedoms teacherweb pdf - Jan 19 2022

web jun 17 2023 covers articles of confederation the constitution interactions among branches of government covers congress and braches of government civil liberties

chapter 13 constitutional freedoms teacherweb pdf - Jan 31 2023

web chapter 13 constitutional freedoms teacherweb 3 3 church and state however is not part of the constitution it was taken from the writings of thomas jefferson and used in

web activity lesson plans glencoe mheducation com - Aug 06 2023

web chapter 13 constitutional freedoms web activity lesson plans introduction in this chapter students learned about constitutional rights and the various freedoms

chapter 13 constitutional freedoms teacherweb pdf copy - May 23 2022

web introduction chapter 13 constitutional freedoms teacherweb pdf copy rethinking school reform linda christensen 2003 rethinking school reform puts classrooms and

chapter 13 constitutional freedoms teacherweb pdf dtzonline - Feb 17 2022

web this extraordinary book aptly titled chapter 13 constitutional freedoms teacherweb written by a very acclaimed author immerses readers in a captivating exploration of the

chapter 13 constitutional freedoms teacherweb wrbb neu - Mar 01 2023

web free chapter 13 constitutional freedoms teacherweb chapter 13 constitutional freedoms teacherweb when somebody should go to the books stores search

chapter 13 constitutional freedoms teacherweb copy uniport edu - Apr 02 2023

web chapter 13 constitutional freedoms teacherweb 1 1 downloaded from uniport edu ng on september 15 2023 by guest chapter 13 constitutional freedoms teacherweb if you

chapter 13 constitutional freedoms teacherweb 2022 wrbb neu - Mar 21 2022

web constitutional freedoms powerpoint chapter 13 constitutional freedoms amazon s3 chapter 13 fundamental chapter 13 constitutional freedoms teacherwebaccess

chapter 13 constitutional freedoms teacherweb pdf pdf - Nov 16 2021

web sep 12 2023 enjoy now is chapter 13 constitutional freedoms teacherweb pdf pdf below the achievement gap in reading rosalind horowitz 2017 04 07 in this volume

chapter 13 constitutional freedoms teacherweb pdf copy - Apr 21 2022

web jun 4 2023 pretentiousness to get those all we offer chapter 13 constitutional freedoms teacherweb pdf and numerous book collections from fictions to scientific

tamilnadu railway exam question paper - Sep 22 2021

[rrb ntpc online mock test series in tamil indianstudyhub com](#) - Sep 03 2022

web exam question paper download free tamilnadu railway exam model question paper tamilnadu railway exam model question aspirants you can find model question

[tamilnadu railway exam question paper pdf banking finance gov](#) - Feb 25 2022

web 2 tamilnadu railway exam question paper 2022 05 24 paper and the latest cbse sample question paper for the board examinations to be held in 2021 5 model test

rrb ntpc question papers railway recruitment - Nov 05 2022

web practice set 1 for rrb ntpc model question paper 2020 2021 in english can be downloaded from here for free of cost rrb ntpc model question paper 2020

rrb ntpc group d previous year question paper in tamil pdf - May 11 2023

web previous question paper page 6 of 7 previous question paper previous question paper page 7 of 7 previous question paper created date 1 21 2016 6 01 51 pm

tamilnadu railway exam model question paper pdf pdf full pdf - Apr 29 2022

web nov 27 2022 read the article below to download the tnusrb previous year question paper pdfs for free know about the tnusrb syllabus and exam pattern here

tamilnadu railway exam model question paper pdf free - Dec 26 2021

web the question paper and the latest cbse sample question paper for the board examinations to be held in 2021 5 model test papers unsolved based on the latest

tamilnadu railway exam question paper pqr uiaf gov co - Oct 24 2021

[rrb exam papers pdf download railway exam questions](#) - Jul 13 2023

web we have provided rrb group d previous year question papers in english these paper will help you know the difficulty level

the type of questions rrb was framing in their

previous question paper indian railways - Feb 08 2023

web practicing a rrb ntpc question papers in exam2win com with online test mode helps you to improve your ability to attend the real time rrb ntpc exam question papers railway

download free tamilnadu railway exam question paper free - Jul 01 2022

web apr 10 2023 tamilnadu railway exam question paper 1 8 downloaded from uniport edu ng on april 10 2023 by guest tamilnadu railway exam question paper

rrb ntpc model question paper 2020 aglasem career - Aug 02 2022

web as this tamilnadu railway exam model question paper pdf pdf it ends occurring brute one of the favored books tamilnadu railway exam model question paper pdf pdf

practice railways exams previous year question papers ixambee - Oct 04 2022

web jul 24 2023 compulsion currently this tamilnadu railway exam question paper as one of the most in force sellers here will very be in the midst of the best options to

tamilnadu railway exam question paper test downing co uk - Nov 24 2021

rrb previous years question paper pdfs with solutions - Mar 09 2023

web aug 24 2016 official railway rrb question paper 6th april 2016 shift 3 in english with official answer key official railway rrb question paper 28th april 2016 shift 3 in

rrb previous year group d and group c question - Jun 12 2023

web jul 14 2021 to help candidates in their tn set preparation here we have provided the tamil nadu state eligibility previous year question paper for 2018 2017 and 2016

railway rrb group d previous year question paper 2014 in tamil - Jan 07 2023

web practice railways exams previous year question papers 4 5 496523 total previous year papers available 4 all previous year papers bank po bank so bank clerk ssc

[tnusrb previous year question papers pdfs testbook com](#) - Jan 27 2022

web its very nearly what you infatuation currently this tamilnadu railway exam question paper as one of the most energetic sellers here will utterly be among the best options to

[tnset previous year question papers with answers pdf](#) - Apr 10 2023

web railway rrb group d previous year question paper 2014 in tamil railway railway previous year question paper recent post rrb group d

tamilnadu railway exam question paper pdf uniport edu - Mar 29 2022

web tamilnadu railway exam model question paper pdf upload betty p williamson 1 2 downloaded from voto uneal edu br on august 21 2023 by betty p williamson

tamilnadu railway exam question paper wrbb neu - May 31 2022

web tamilnadu railway exam question paper downloaded from banking finance gov ie by guest kristopher riggs tamilnadu railway exam question paper tamilnadu

railway rrb question papers and official answer key - Dec 06 2022

web rrb ntpc online mock test series in tamil mock test for rrb non technical popular categories railway exams with explanation competitive examination and entrance

rrb previous year question papers in tamil download pdf - Aug 14 2023

web 19 rows railway group d previous year question paper 23 11 2014 download 3 rrb group d previous year question paper 02 11 2014 download 4 rrb group d

new crane outrigger loading guidance construction plant - Jul 11 2023

web 16th september 2022 the temporary works forum twf has produced guidance to set out best practice for the assessment and management of outrigger loading it aims to align with and signpost to existing good guidance on the wider management of construction plant operations and temporary works

outrigger pad load calculators manitowoc - May 29 2022

web outrigger pad load calculators receive instant pad load calculations on screen and sent directly to your email select a crane type below to start

training documents liebherr - Apr 08 2023

web influence of wind on crane operation 3 when the wind blows wherever people are working mistakes are made with crane operation the wind conditions can present a potential danger that should not be underestimated the crane driver must ensure that the crane is not exposed to any wind that could exceed the limits set by the crane

3d lift plan crane lift planning software - Feb 06 2023

web 3d lift plan will automatically calculate outrigger and crawler loads based on the weights and locations of the various parts of the crane including the current load and rigging weights if 3d lift plan has weight data for your crane no further user action is required

twf library temporary works forum - Mar 07 2023

web document twf2022 002 published september 2022 outriggers or stabilisers maintain the stability of many types of construction plant such as mobile telescopic cranes concrete pumps lorry loaders and mobile elevating working platforms

mewps during

offshore crane technology liebherr - Sep 01 2022

web safe and reliable state of the art crane around the leg with slewing bearing technology rope luffing system and lattice twin boom specifications overturning moment 45000tm 64000tm main hoist capacity 1200t 1700t boom length up to 108m slewing range 460 drive system electro hydraulic customer benefits maintenance friendly

outrigger load calculator pdf crane machine scribd - Jul 31 2022

web ol w 4 b x l h an 2 b 2 a 5 w 62 0 tonnes b 10 0 metres a 10 2 metres l 10 0 tonnes h 0 60 tonnes outrigger load 46 7 tonnes 0 053 te sq inch

kranxpert the crane planner - Nov 03 2022

web calculated maximal outrigger load the maximum outrigger load calculation is based on this formula the 0 65 calculation factor is editable in the main menu options then settings in the miscs section for the crane mass the crane has to be a favorite crane

outrigger pads calculator - Jan 05 2023

web for the outrigger pad calculator to work effectively you ll need maximum load per outrigger and the maximum allowable ground pressure in the same unit of measurement don t worry if you don t know the ground pressure the calculator will ask you for the surface materials and you ll be able to select the most appropriate type

crane stability and ground pressure guideline hsse world - May 09 2023

web for example if the lift study indicates that a crane imposes a maximum load of 48 tonnes on the outrigger and the maximum permissible ground pressure is 200kpa then the size of the crane mat can be calculated by force 48 tonnes x 9 8m s2 470 4 kn maximum permissible ground pressure 200kpa 200 kn m2

outrigger load calculator ground protection boards - Apr 27 2022

web liebherr crane outrigger load calculator liebherr crane outrigger load calculator outrigger load point load 1 2 x 100 50 000 23 500 x1 73 500kgs or 73 5t 4 on the right side of the page you will see the results displayed on an image

liebherrcraneoutriggerloadcalculation 2022 chat dataflowkit - Mar 27 2022

web heavy lift mobile crane arrangements both telescopic and lattice boom and newly permitted partial outrigger extensions a solution to the problem of crane stability under dynamic loading crane support considerations pick and carry work tailing operations site access and other site issues new information on

liebherr crane outrigger load calculation bespoke cityam com - Feb 23 2022

web liebherr crane outrigger load calculation ground bearing pressure practical applications for lifts may 12th 2018 iti

webinar ground bearing pressure practical applications for lifts of all sizes enjoy the resources you will find the presentation

pdf video and transcription of the webinar below

variable support base for greater safety and increased - Jun 10 2023

web enhanced safety and performance with variobase the space available on sites is often constricted it is frequently impossible to extend all the outriggers of the mobile crane evenly variobase from liebherr allows the crane to be used safely and flexibly in these difficult conditions

liebherr crane specification load charts - Oct 02 2022

web crane specification search result for manufacturer liebherr toggle navigation home buy cranes buy parts and attachments sell cranes rent cranes industry news add a specification search home searching available liebherr models liebherr models number of specifications lr 1300 sx derrick with wagon 1 100 el 6 1 100 lc 2

national crane outrigger pad load calculator the - Jun 29 2022

web home tools lift planning outrigger pad load calculators national crane opl calculator lift planning tools cranimax cranebee 3dliftplan outrigger pad load calculators national crane rt tms ground bearing pressure national crane outrigger pad load calculator manitowoc direct login request access manitowoc

determining the suitable size for outrigger mats cranes lifting - Dec 04 2022

web oct 13 2021 what load is the ground required to support as a guide the qld crane code of practice states that the maximum outrigger force is the crane weight including rigging gear weight plus load weight multiplied by 0.65 calculate the force

rule of thumb for outrigger support crane tech - Aug 12 2023

web with some basic information on the crane weight gross load weight and ground bearing pressure then the size of outrigger cribbing for adequate support can be calculated crane tech teaches a 4 step process

new 31 xxt truck mounted concrete pump from liebherr - Jan 25 2022

web the new 31 xxt truck mounted concrete pump from liebherr offers particularly innovative technologies this machine feels just as much at home on small to medium sized construction sites as it does in buildings sway free load hybrid drive intelligent grabbing synchronised lifting crane control system heavy duty cranes hvo at liebherr

crane planner 2 0 liebherr - Sep 13 2023

web the data displayed in crane planner 2 0 are determined by exactly the same calculation logic as the live data of the real mobile and crawler cranes at the same time important key figures such as ground bearing pressures ground force loads and centres of