

**Course Name: Bachelor of Physical Education**

**Year - IInd (Part-3)**

**Paper Name - Skill and Prowess**

**Topic Name - Skill and Prowess**

**Topic No. – Part – III (C)**

**Paper No. - B**

**Lecture No. – 22**

**Lecture Title**

**Parallel Bar and Horizontal Bar**

**References**

Parallel Bars and Horizontal Bar (Compete Like a Champion) Library Binding –  
December, 2001 by Joanne Mattern

**Links**

<https://www.alibaba.com>

<https://en.wikipedia.org>