

## Elbow Down - Training (M-ID: 2841)

<https://www.motourismo.com/en/listings/2841-elbow-down-training>

**from €225.00**

Dates and duration (days)



### Look out! For this training we recommend elbow grinders!

Racers can do it, test riders can do it... and after that? What comes after the knee grinding? Elbow grinding! In our brand new Elbow Down - Training we will show you how to hang off even more and how to grind with your elbow! Say goodbye to the brand new looking elbow grinders on your station wagon and learn the MotoGP riding style on one of our pitbikes.

Countries	Germany
Category	Motorcycle Training Course
Terrain	Onroad
Vehicle	your own motorcycle
Tourguide / Coach	yes (guided)
Flight to / from	no, not incl.
Ferry	no, not incl.
* PRICING	Minimal without optional extras, see pricing

## Pricing

per participant	€225.00
optional cancellation provision per participant - full refund of the course fee (less 25,- EUR flat rate) in case of written cancellation up to 7 days before the start of the event for additional	€10.00

## Included

the alternating riding of the participants on one of our Elbow-Down Pitbikes

the correct sitting and body position for elbow grinding

Drinks and small snacks throughout the day

Photos from the training day

Liability insurance

Accident Insurance

Gasoline costs

## Not included

Everything not listed under features

## More details

The training also takes place in the rain, where the learning effect is particularly great!

The trainings are always carried out according to the valid corona measures.

For the Elbow Down Training there is a minimum number of 2 participants. If this number is not reached, the organizer can cancel the safety training.

The same applies in the event that the lessor does not make the training ground available for any reason. In these cases the participation fee will of course be refunded. Further refunds are excluded.

At a glance:

max. 3 participants per group

very high riding percentage

for preparation we urgently recommend a leaning position - Training

detailed improvement of the seat and body posture

Preparation for racetrack trainings

Duration: 3 hours (9.00 am - 12.00 pm, 12.30 pm - 15.30 pm or 16.00 pm - 19.00 pm)

Training grounds: Hildesheim (Germany)

Condition:

leather suit

Motorcycle boots

Motorcycle gloves

Back protector