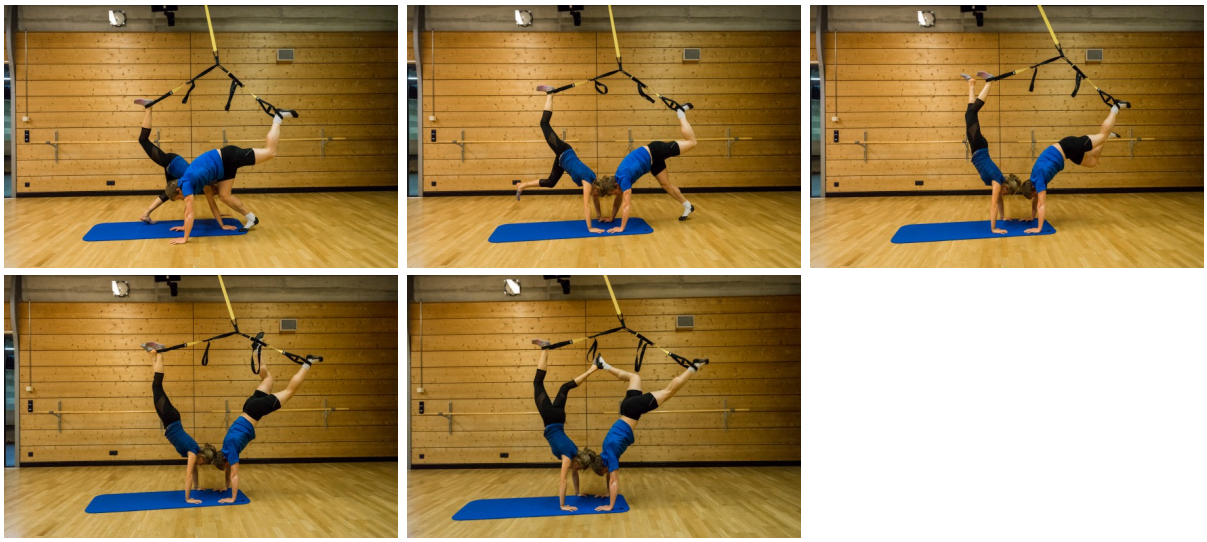
Handstand - partner - Group: Handstand



Tags

Type of exercise: Full body exercise, Partner exercise, Strength exercise
Number of persons: Two
Muscle Primary: Shoulder, Back, Arm
Muscle Secundary: Leg, Abdominis
Difficulty: Hard
Other: Hip height, 1 Sling, Dynamic

Description

1. From a push-up position is "hiked" to the starting position to the desired angle of inclination. 2. The free leg meets in the air with that of the partner.

Advice

In any case, avoid bending the hips, the back should always be straight! The TRX should be set as high as possible at the beginning of the exercise.