Angular handstand from the pike - Push-up position - Group: Handstand

Tags

Type of exercise: Partial body exercise, Strength exercise
Number of persons: One
Muscle Primary: Abdominis, Arm, Leg
Muscle Secundary: Shoulder, Back
Difficulty: Hard
Other: 1 Sling, Knee height, Dynamic

Description

1. From the push-up position, the hip is moved over the vertical shoulder axis. Then the legs are splayed outwards and led upwards until the handstand is reached. 2. The legs are then lowered in a controlled manner and then the hips are moved back so that the push-up position is reached again.

Advice

Avoid a "hollow cross" during the execution! Pay attention to the individual distance of the hands in the starting position to the suspension point.