Combination Exercise - Bench Press - Push Up - Partner - Group: Combination exercise

Tags

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

Description

1. Lying down on the back, the partner is lowered with both hands until the elbows are on the floor. 2. The arms are then stretched again and the partner lifted up. 3. The arms are bent up to 90 ° in the elbow. The body is kept stretched under tension. 4. The arms are stretched again and the chest is pushed upwards as far as possible.

Advice

The partner should pay attention to a good body tension! Bend and stretch only the arms while the body remains in a fixed position!