Combination Exercise - Squat - Shoulder Press - Partner - Group: Combination exercise

Tags

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

Description

1. The body is moved downwards by the flexion of both legs to the desired angle. 2. The body is straightened up with the power of the legs. These are stretched both in the hip and in the knee joint, while the back remains straight. 3. The partner's legs are placed on the shoulders and held with the arms. With the help of the back, shoulder, arm and chest muscles, the arms are stretched upwards. 4. The arms are again guided slowly and controlled down again.

Advice

Do not move your knees over the toe. The deeper you lower the buttocks, the more intense the exercise becomes. For knee problems, you should not fall below the 90 ° in the diffraction. The upward movement may be supported by the legs.