Combination Exercise - Crunch - Pike - Forearm push-up position - Group: Combination exercise

Tags

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

Description

1. From the forearm support position, the body is pushed up. The knees are attracted to the chest. 2. Knees and hips are stretched again. 3. From the forearm support position, the hip is moved over the vertical shoulder axis. 4. The hip is moved back again.

Advice

Keep your legs closed during the exercise! Avoid a "hollow cross" when stretching the body! The practice becomes more intense the further you remove your body from the suspension point.