Combination Exercise - Crunch - Pike - 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: Butt, Shoulder, Back
Difficulty: Medium
Other: Dynamic, Knee height, 1 Sling

Description

1. From the push-up position, the body is pushed up. The knees are attracted to the chest. 2. The knees and hips are stretched again. 3. From the push-up 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 back" when stretching the body! The practice becomes more intense the further you remove your body from the suspension point.