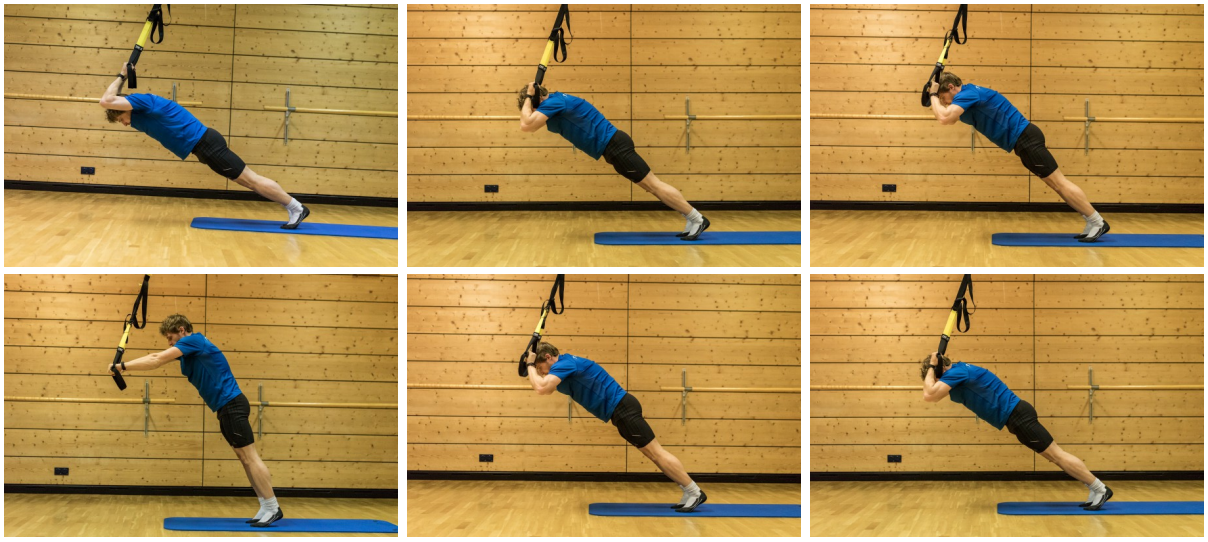
Combination Exercise - Standing position - Overhead Lying Row - Bizeps Press - Group: Combination exercise



Tags

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

Description

1. The arms are strongly bent in the elbow joint and brought to forehead height next to the head. The elbows are held slightly above shoulder level 2. The arms are stretched in the elbow. 3. The arms are bent more than 90 ° in the elbow. The body is stretched under tension. 4. The arms are stretched again and the chest is pushed up as far as possible.

Advice

Keep the body straight and avoid large movement fluctuations in the shoulder! The larger you choose the angle of inclination, the greater the load. Watch your body tension!