Combination Exercise - Hip - Squat - Reverse Lying Row - Group: Combination exercise

Tags

Type of exercise: Partner exercise, Combination exercise, Partial body exercise, Strength exercise
Number of persons: Two
Muscle Primary: Back, Arm, Leg, Butt
Muscle Secundary: Shoulder
Difficulty: Medium
Other: Dynamic, Shoulder 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 arms are stretched slowly and the body is shifted down. The entire body remains stretched. The legs cling to the partner's hip. 4. By pulling on the handles, the body moves forward or up. The elbows are guided close to the body.

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. Ensure good body tension throughout the entire exercise.