Combination Exercise - Hip - Squat - Push-up - Group: Combination exercise

Tags

Type of exercise: Partner exercise, Combination exercise, Partial body exercise, Strength exercise
Number of persons: Two
Muscle Primary: Abdominis, Chest, Arm, Shoulder, Leg, Butt
Muscle Secundary: Back
Difficulty: Medium
Other: Dynamic, Knee 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 bent up to 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

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. Bend and stretch only the arms while the body remains in a fixed position!