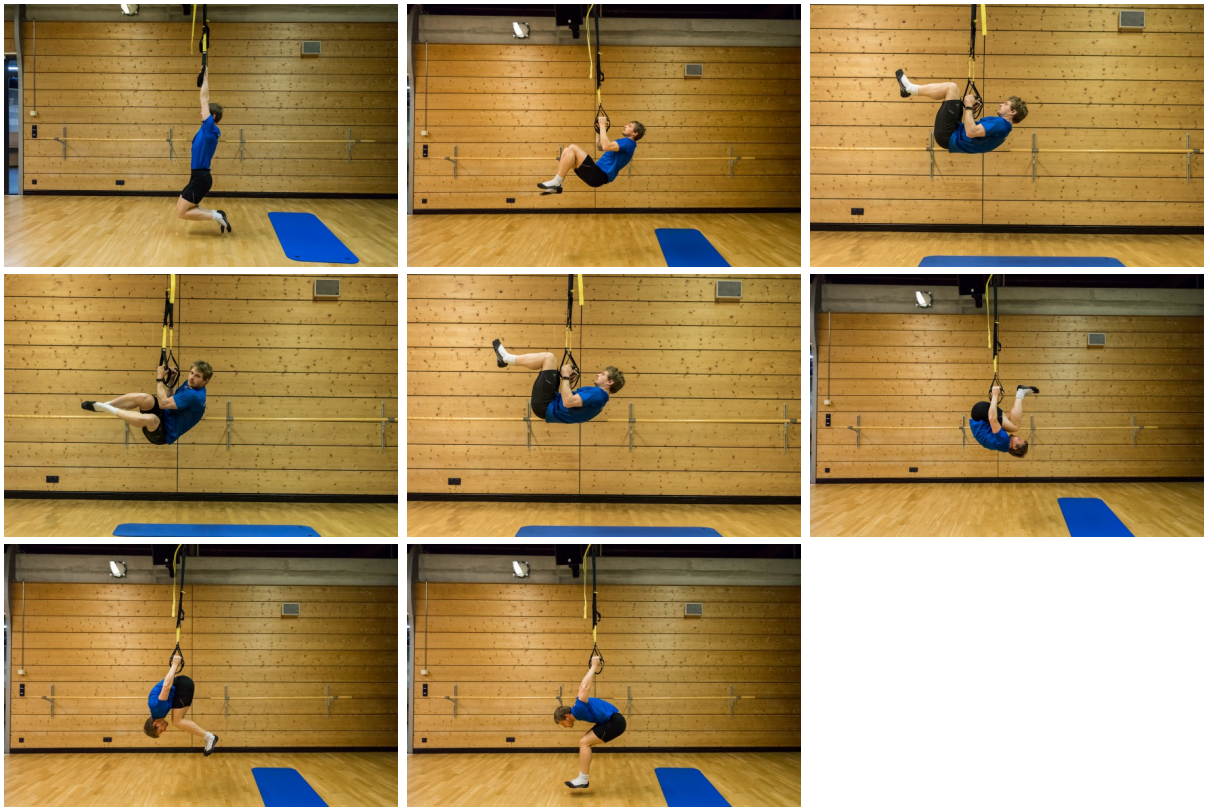
Combination Exercise - Role - Hang and Turn - Group: Combination exercise



Tags

Type of exercise: Combination exercise, Partial body exercise, Strength exercise
Number of persons: One
Muscle Primary: Abdominis, Arm, Shoulder, Leg, Butt
Muscle Secundary: Back, Chest
Difficulty: Hard
Other: Dynamic, Vertical reach, 1 Sling

Description

1. From the stretched slope, the legs begin to rotate around the body (as in the upswing on the horizontal bar). 2. At half the distance, the angled legs are turned to the left and right in the lateral slope. 3. Then the body continues to rotate. The final position is determined by the shoulder mobility. 4. The legs rotate back until the stretched slope is reached again. Optionally, the legs can be turned left and right halfway through the return route.

Advice

The further the body rotates, the more significant the strength of the back muscles on the way back becomes. Pay attention to good body tension throughout the exercise.