Combination Exercise - Squat - Reverse Lying Row - One-legged - Group: Combination exercise

Tags

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

Description

1. The body is moved downwards by the flexion of the supporting leg. At the same time the swinging leg is stretched forward. 2. The body is raised again by the power of the leg. This is stretched both in the hip and in the knee joint. 3. By pulling on the handles, the body moves forward or up. The elbows are guided close to the body. 4. The arms are stretched slowly and the body is shifted backwards. The entire body remains stretched.

Advice

The body weight must be completely on the heel of the supporting leg. The deeper you lower the back leg, the more intense the exercise becomes. Choose a non-slip surface! The greater you choose the angle of inclination, the more intense the exercise becomes.