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

Tags

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

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. Choose a non-slip surface! The greater you choose the angle of inclination, the more intense the exercise becomes.