Combination Exercise - Push Up - Reverse Lying Row - partner - box - arm - Group: Combination exercise

Tags

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

Description

1. The arms are bent up to 90 ° in the elbow. The body is stretched under tension. 2. The arms are stretched again and the chest is pushed up as far as possible. 3. The arms are stretched slowly and the body is shifted down. The entire body remains stretched. 4. By pulling on the handles, the body moves forward or up. The elbows are guided close to the body.

Advice

Bend and stretch only the arms while the body remains in a fixed position! The greater the distance from the suspension point, the greater the tensile load on the abdominal muscles. Ensure good body tension throughout the entire exercise.