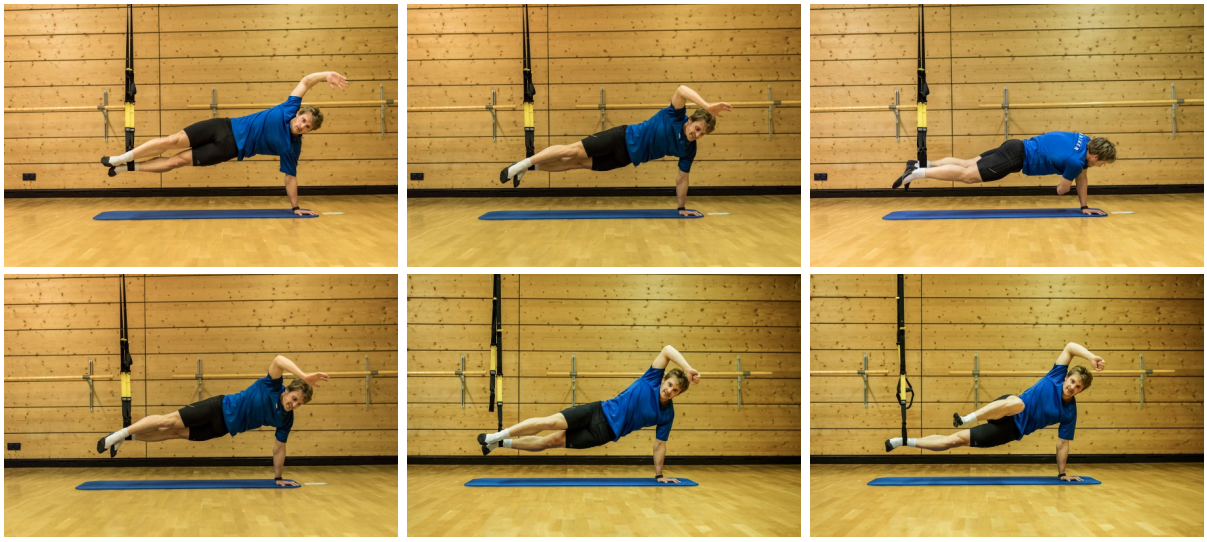
Combination Exercise - Side Plank - Rotation - Side Climber - Group: Combination exercise



Tags

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

Description

1. The hip is lifted until it is in line with the body. The upper body now turns at high body tension controlled in the prone position. 2. The upper body turns from the prone position back to the starting position. 3. From the starting position, one knee is quickly put on the chest, bending the hip and knee joint by at least 90 °. 4. The hip and knee joint is stretched again.

Advice

The free arm can help maintain balance. Avoid a drop in the hip during the movement!