Combination Exercise - Hip Abduction - Hamstring Curl - Lying position - Group: Combination exercise

Tags

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

Description

1. Both legs are simultaneously moved aside with high body tension (abduction). 2. The legs are brought together again slowly (adduction). 3. By flexing the knee joints, the lower legs / feet are approximated to the buttocks. 4. Immediately thereafter, both knee joints are stretched again.

Advice

Avoid a drop in the hip during the movement! The closer you place your arms to the body, the harder it will be to balance. The further you abduct the legs, the more intense the exercise becomes. With the arms you can possibly build back pressure, so as not to waver. The further you move away from the suspension point, the more intense the exercise becomes.