Combination Exercise - Front Raise - Reverse Flies - Group: Combination exercise

Tags

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

Description

1. The buttocks are moved by flexing the knee joints back down, while the back remains straight and the stretched arms walk in front of the body. 2. The arms are stretched forward and moved upwards so that the body is straightened up with light leg support. 3. The upper body is erected by (almost) stretched elbow joints and simultaneous movement of the arms to the outside. 4. The upper body is brought back by returning the arms to the starting position.

Advice

The more you pull your arms, the more intense the exercise becomes. Keep your arms straight! In the final position, try to bring the scapulae as close together as possible to optimally load the upper back muscles. If you put the feet off, the exercise is much easier.