Combination Exercise - Plank - Lift arm - Lift leg - Push-up position - Group: Combination exercise

Tags

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

Description

1. The body is supported on the arms and held in prone position. The stomach is tense and the buttocks slightly raised. An arm is stretched as far as possible from the ground. 2. The arm moves back to the starting position. 3. The body is supported on the arms and held in prone position. The stomach is tense and the buttocks slightly raised. One leg is stretched as far as possible from the ground. 4. The leg moves back to the starting position.

Advice

Avoid a drop in the hip!