Combination Exercise - Squat - Superman - One-legged - Group: Combination exercise

Tags

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

Description

1.The body is moved backwards by the flexion of the supporting leg. If the swinging leg is stretched forward. 2. The body is raised again by the power of the leg. This is stretched both in the hip and in the knee joint. 3. From the one-legged stance or from the one-legged squat, the upper body begins to move forward with outstretched arms. In the final position the body is stretched as far as possible. 4. The upper body moves back to a secure one-legged squat or standing position.

Advice

The deeper you lower the back leg, the more intense the exercise becomes. Avoid a drop in the hip during the movement!