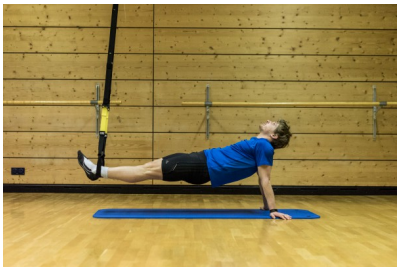
Combination Exercise - Hip Abduction - Body saw reverse - Group: Combination exercise



Tags

Type of exercise: Combination exercise, Partial body exercise, Strength exercise
Number of persons: One
Muscle Primary: Abdominis, Back, Arm, Leg
Muscle Secundary: Shoulder
Difficulty: Medium
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. The hip is moved backwards from the push-up position on the back. The upper body comes up and the gaze is directed to the feet. 4. The body is moved forward again.

Advice

Avoid a drop in the hip during the movement! The further you abduct the legs, the more intense the exercise becomes. Keep your legs closed during the exercise! The practice becomes more intense the further you remove your body from the suspension point.