Combination Exercise - Push-up - Superman - Group: Combination exercise

Tags

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

Description

1. The arms are bent up to 90 ° in the elbow. The body is stretched under tension. 2. The arms are stretched again and the chest is pushed up as far as possible. 3. From the push-up position, the upper body begins to move forward with stretched arms. In the final position the body is stretched as far as possible. 4. The upper body moves back to the push-up position.

Advice

Bend and stretch only the arms while the body remains in a fixed position! The greater the distance from the suspension point, the greater the tensile load on the abdominal muscles. Avoid a drop in the hip during the movement!