# Combination Exercise - Shoulder Press - Push-up - partner - Group: Combination exercise

## Tags

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

## Description

1. The partner's legs are placed on the shoulders and held with the arms. With the help of the back, shoulder, arm and chest muscles, the arms are stretched upwards. 2. The arms are again guided slowly and controlled down again. 3. The arms are bent up to 90 ° in the elbow. The body is stretched under tension. 4. The arms are stretched again and the chest is pushed up as far as possible.

## Advice

The upward movement may be supported by the legs. Bend and stretch only the arms while the body remains in a fixed position! The feet of the upper partner are supported on the shoulders.