Combination Exercise - Shoulder Press - Reverse Lying Row - partner - Group: Combination exercise

Tags

Type of exercise: Partner exercise, Combination exercise, Partial body exercise, Strength exercise
Number of persons: Two
Muscle Primary: Abdominis, Arm, Shoulder
Muscle Secundary: Leg, Back
Difficulty: Medium
Other: Dynamic, Shoulder 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 stretched slowly and the body is shifted downwards. The entire body remains stretched. The legs are on the partner's shoulder. 4. By pulling on the handles, the body moves forward or up. The elbows are guided close to the body.

Advice

The upward movement may be supported by the legs.