Combination Exercise - Push-up - Pike - 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: Leg, Back
Difficulty: Medium
Other: Dynamic, Knee 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 hip is moved over the vertical shoulder axis. 4. The hip is moved back again.

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. Keep your legs closed during the exercise! Avoid a "hollow cross" during the execution! The practice becomes more intense the further you remove your body from the suspension point.