Combination Exercise - Pike - Body saw - Push-up position - Group: Combination exercise

Tags

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

Description

1. From the push-up position, the hip is moved over the vertical shoulder axis. 2. The hip is moved back again. 3. From the push-up position, the stretched body is moved backward. This increases the arm-hull angle. The arms stay as stretched as possible. 4. The body is moved forward again.

Advice

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.