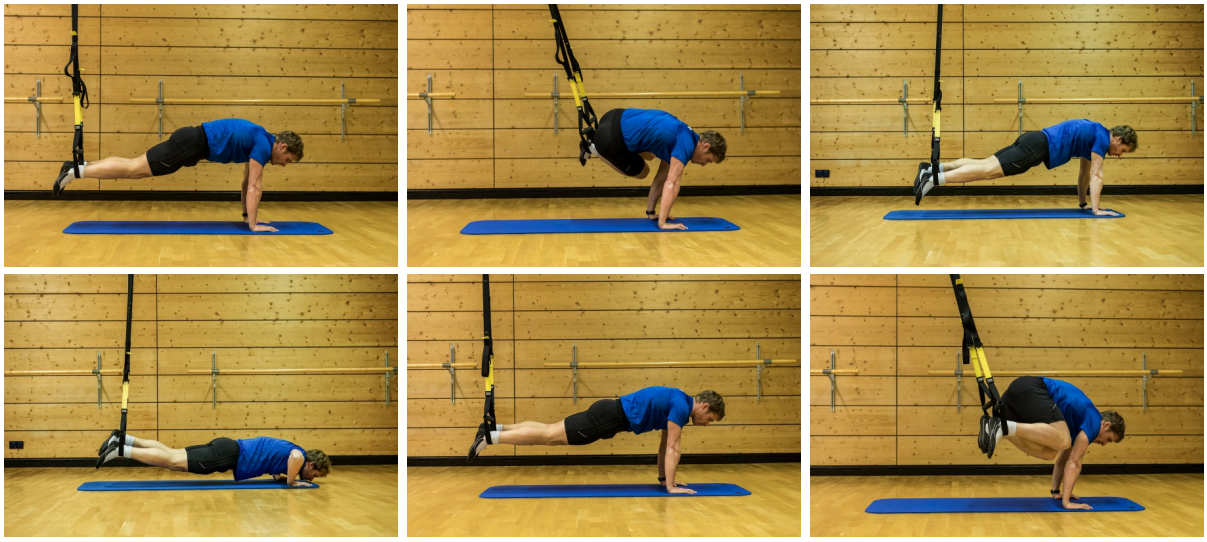
Combination Exercise - Push-up - Crunch Pelendium - Group: Combination exercise



Tags

Type of exercise: Combination exercise, Partial body exercise, Strength exercise
Number of persons: One
Muscle Primary: Abdominis, Chest, Arm, Shoulder, Leg
Muscle Secundary: Butt, 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 body is pushed up. The knees are alternately tightened to the left and right beside the chest. 4. The knees and hips are stretched 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 back" when stretching the body! The practice becomes more intense the further you remove your body from the suspension point.