Combination Exercise - Squat - Y-Flies - one-legged - Group: Combination exercise

Tags

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

Description

1. The body is moved downwards by the flexion of the supporting leg. At the same time the swinging leg is stretched forward. 2. The body is raised again by the power of the leg. This is stretched both in the hip and in the knee joint. 3. The upper body is erected at (almost) stretched elbow joints and simultaneous movement of the arms upwards. 4. The upper body is brought by return of the arms in the starting position.

Advice

The body weight must be completely on the heel of the supporting leg. The deeper you lower the back leg, the more intense the exercise becomes. In the final position, try to bring the scapulae as close together as possible to optimally load the upper back muscles.