# Combination Exercise - Squat - Front Raise - Group: Combination exercise

## Tags

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

## Description

1. The body is moved downwards by the flexion of both legs to the desired angle. 2. The body is straightened up with the power of the legs. These are stretched both in the hip and in the knee joint, while the back remains straight. 3. The buttocks are moved by flexing the knee joints back down, while the back remains straight and the stretched arms walk in front of the body. 4. The arms are stretched forward and moved upwards so that the body is straightened up with light leg support.

## Advice

Do not move your knees over the toe. The deeper you lower the buttocks, the more intense the exercise becomes. For knee problems you should not fall below the 90 ° in the diffraction. The more you pull your arms, the more intense the exercise becomes. Keep your arms straight!