Handstand

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Angular handstand from the pike - Forearm push-up position - Group: Handstand

Tags

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

Description

1. From the forearm support position, the hip is moved over the vertical shoulder axis. Then the legs are splayed outwards and led upwards until the handstand is reached. 2. The legs are lowered in a controlled manner and then the hips are moved back so that the push-up position is reached again.

Advice

Avoid a "hollow cross" during the execution! Pay attention to the individual distance of the hands in the starting position to the suspension point.

Angular handstand from the pike - Push-up position - Group: Handstand

Tags

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

Description

1. From the push-up position, the hip is moved over the vertical shoulder axis. Then the legs are splayed outwards and led upwards until the handstand is reached. 2. The legs are then lowered in a controlled manner and then the hips are moved back so that the push-up position is reached again.

Advice

Avoid a "hollow cross" during the execution! Pay attention to the individual distance of the hands in the starting position to the suspension point.

Handstand - Bent - Group: Handstand

Tags

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

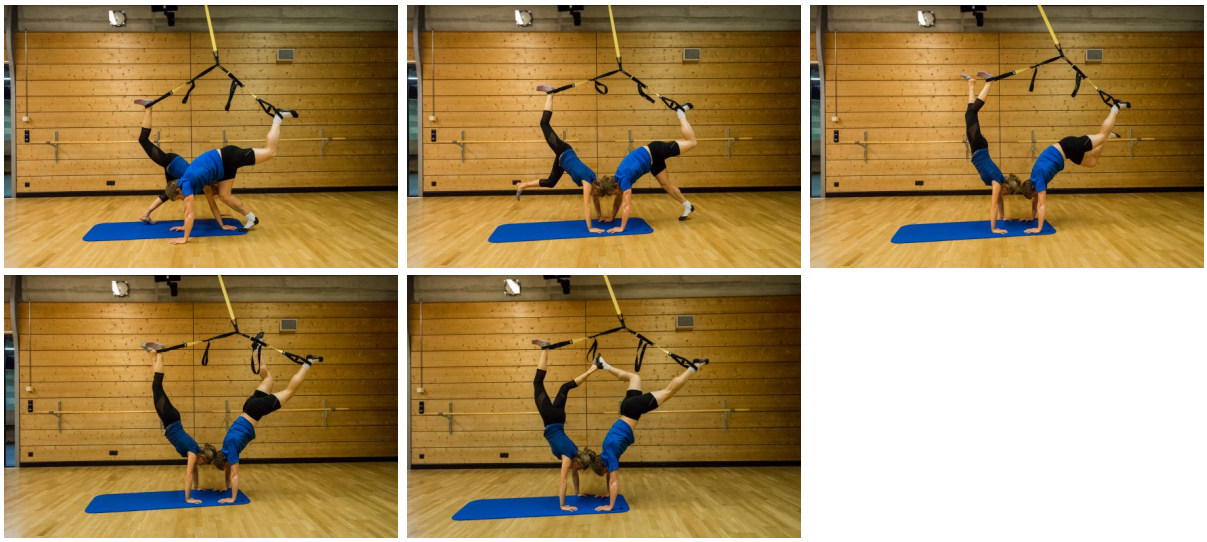
Description

First, firmly anchor your hands in the sling trainer. Then jump into the handstand position with a strong jump and fix your feet as fast as possible on the loop trainer.

Advice

Make sure you have good body tension throughout the exercise.

Handstand - partner - Group: Handstand



Tags

Type of exercise: Full body exercise, Partner exercise, Strength exercise
Number of persons: Two
Muscle Primary: Shoulder, Back, Arm
Muscle Secundary: Leg, Abdominis
Difficulty: Hard
Other: Hip height, 1 Sling, Dynamic

Description

1. From a push-up position is "hiked" to the starting position to the desired angle of inclination. 2. The free leg meets in the air with that of the partner.

Advice

In any case, avoid bending the hips, the back should always be straight! The TRX should be set as high as possible at the beginning of the exercise.

Handstand - stretched - Group: Handstand

Tags

Type of exercise: Partial body exercise, Strength exercise
Number of persons: One
Muscle Primary: Abdominis, Back, Arm
Muscle Secundary: Butt, Leg, Shoulder
Difficulty: Hard
Other: Knee height, Ankle height, 1 Sling, Static

Description

First, firmly anchor your hands in the sling trainer. Then jump into the handstand position with a strong jump and fix your feet as fast as possible on the loop trainer.

Advice

Make sure you have good body tension throughout the exercise.