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.