## Combination Exercise - Crunch - Pike - Push-up position - Group: Combination exercise









## **Tags**

Type of exercise: Partial body exercise, Combination exercise, Strength exercise

Number of persons: One

**Muscle Primary**: Abdominis, Arm, Leg **Muscle Secundary**: Butt, Shoulder, Back

**Difficulty**: Medium

Other: Dynamic, Knee height, 1 Sling

## **Description**

1. From the push-up position, the body is pushed up. The knees are attracted to the chest. 2. The knees and hips are stretched again. 3. From the push-up position, the hip is moved over the vertical shoulder axis. 4. The hip is moved back again.

## **Advice**

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.