Combination exercise

Combination Exercise - Bench Press - Push Up - Partner 3
Combination Exercise - Crunch - Body saw - Forearm push-up position 4
Combination Exercise - Crunch - Body saw - Push-up position 5
Combination Exercise - Crunch - Pike - Forearm push-up position 6
Combination Exercise - Crunch - Pike - Push-up position 7
Combination Exercise - Front Raise - Reverse Flies 8
Combination Exercise - Hip - Squat - Push-up 9
Combination Exercise - Hip - Squat - Reverse Lying Row 10
Combination Exercise - Hip Abduction - Body saw reverse 11
Combination Exercise - Hip Abduction - Hamstring Curl - Forearm push-up position 12
Combination Exercise - Hip Abduction - Hamstring Curl - Lying position 13
Combination Exercise - Hip Abduction - Hamstring Curl - Push-up position 14
Combination Exercise - Hip Abduction - Hamstring Curl - hang - 2 15
Combination Exercise - Kneeling position - Overhead Lying Row - Bizeps Press 16
Combination Exercise - Pike - Body saw - Forearm push-up position 17
Combination Exercise - Pike - Body saw - Push-up position 18
Combination Exercise - Plank - Lift arm - Lift leg - Forearm push-up position 19
Combination Exercise - Plank - Lift arm - Lift leg - Push-up position 20
Combination Exercise - Push Up - Reverse Lying Row - Partner 21
Combination Exercise - Push Up - Reverse Lying Row - partner - box - arm 22
Combination Exercise - Push Up - Reverse Lying Row - partner - box - leg 23
Combination Exercise - Push-up - Body saw 24
Combination Exercise - Push-up - Crunch Pelendium 25
Combination Exercise - Push-up - Pike 26
Combination Exercise - Push-up - Superman 27
Combination Exercise - Push-up position - Crunch 28
Combination Exercise - Role - Hang and Turn 29
Combination Exercise - Shoulder - Squat - Push-up 30
Combination Exercise - Shoulder - Squat - Reverse Lying Row 31
Combination Exercise - Shoulder Press - Push-up - partner 32
Combination Exercise - Shoulder Press - Reverse Lying Row - partner 33
Combination Exercise - Side Plank - Rotation - Side Climber 34
Combination Exercise - Squat - Front Raise 35
Combination Exercise - Squat - Reverse Lying Row - Both-legged 36

Combination Exercise - Squat - Reverse Lying Row - One-legged **37**
Combination Exercise - Squat - Shoulder Press - Partner **38**
Combination Exercise - Squat - Superman - Both-legged **39**
Combination Exercise - Squat - Superman - One-legged **40**
Combination Exercise - Squat - Y-Flies - one-legged **41**
Combination Exercise - Standing position - Overhead Lying Row - Bizeps Press **42**

Combination Exercise - Bench Press - Push Up - Partner - Group: Combination exercise






Tags

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

Description

1. Lying down on the back, the partner is lowered with both hands until the elbows are on the floor. 2. The arms are then stretched again and the partner lifted up. 3. The arms are bent up to 90 ° in the elbow. The body is kept stretched under tension. 4. The arms are stretched again and the chest is pushed upwards as far as possible.

Advice

The partner should pay attention to a good body tension! Bend and stretch only the arms while the body remains in a fixed position!

Combination Exercise - Crunch - Body saw - Forearm 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 forearm 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 forearm push-up position, the stretched body is moved backward. This increases the elbow as well as the arm-hull angle. 4. The body is moved forward 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.

Combination Exercise - Crunch - Body saw - 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 stretched body is moved backward. This increases the arm-hull angle. The arms stay as stretched as possible. 4. The body is moved forward 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.

Combination Exercise - Crunch - Pike - Forearm 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: Shoulder, Back
Difficulty: Medium
Other: Dynamic, Knee height, 1 Sling

Description

1. From the forearm support position, the body is pushed up. The knees are attracted to the chest. 2. Knees and hips are stretched again. 3. From the forearm support 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 cross" when stretching the body! The practice becomes more intense the further you remove your body from the suspension point.

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.

Combination Exercise - Front Raise - Reverse Flies - Group: Combination exercise






Tags

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

Description

1. 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. 2. The arms are stretched forward and moved upwards so that the body is straightened up with light leg support. 3. The upper body is erected by (almost) stretched elbow joints and simultaneous movement of the arms to the outside. 4. The upper body is brought back by returning the arms to the starting position.

Advice

The more you pull your arms, the more intense the exercise becomes. Keep your arms straight! In the final position, try to bring the scapulae as close together as possible to optimally load the upper back muscles. If you put the feet off, the exercise is much easier.

Combination Exercise - Hip - Squat - Push-up - Group: Combination exercise






Tags

Type of exercise: Partner exercise, Combination exercise, Partial body exercise, Strength exercise
Number of persons: Two
Muscle Primary: Abdominis, Chest, Arm, Shoulder, Leg, Butt
Muscle Secundary: Back
Difficulty: Medium
Other: Dynamic, Knee 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 arms are bent up to 90 ° in the elbow. The body is stretched under tension. 4. The arms are stretched again and the chest is pushed up as far as possible.

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. Bend and stretch only the arms while the body remains in a fixed position!

Combination Exercise - Hip - Squat - Reverse Lying Row - Group: Combination exercise






Tags

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

Description

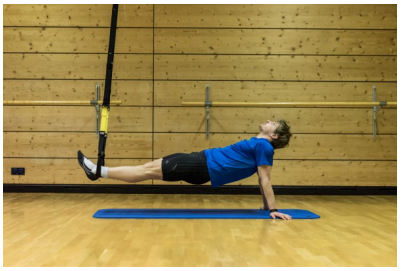
1. The body is moved downwards by the flexion of both legs to the desired angle. 2. The body is straightened up with the power of the legs. These are stretched both in the hip and in the knee joint, while the back remains straight. 3. The arms are stretched slowly and the body is shifted down. The entire body remains stretched. The legs cling to the partner's hip. 4. By pulling on the handles, the body moves forward or up. The elbows are guided close to the body.

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. Ensure good body tension throughout the entire exercise.

Combination Exercise - Hip Abduction - Body saw reverse - Group: Combination exercise






Tags

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

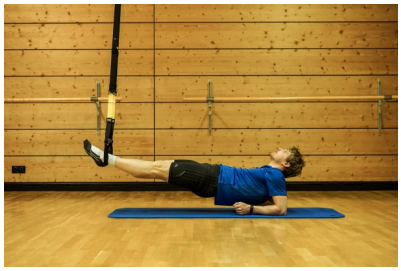
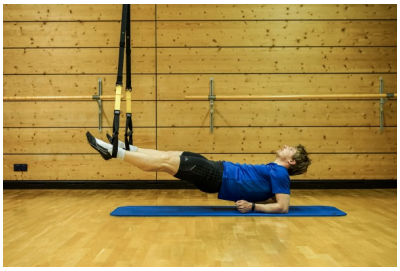
Description

1. Both legs are simultaneously moved aside with high body tension (abduction). 2. The legs are brought together again slowly (adduction). 3. The hip is moved backwards from the push-up position on the back. The upper body comes up and the gaze is directed to the feet. 4. The body is moved forward again.

Advice

Avoid a drop in the hip during the movement! The further you abduct the legs, the more intense the exercise becomes. Keep your legs closed during the exercise! The practice becomes more intense the further you remove your body from the suspension point.

Combination Exercise - Hip Abduction - Hamstring Curl - Forearm push-up position - Group: Combination exercise



Tags

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

Description

1. Both legs are simultaneously moved aside with high body tension (abduction). 2. The legs are brought together again slowly (adduction). 3. By flexing the knee joints, the lower legs / feet are approximated to the buttocks. 4. Immediately thereafter, both knee joints are stretched again.

Advice

Avoid a drop in the hip during the movement! The further you abduct the legs, the more intense the exercise becomes. With the arms you can possibly build back pressure, so as not to waver. The further you move away from the suspension point, the more intense the exercise becomes.

Combination Exercise - Hip Abduction - Hamstring Curl - Lying position - Group: Combination exercise






Tags

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

Description

1. Both legs are simultaneously moved aside with high body tension (abduction). 2. The legs are brought together again slowly (adduction). 3. By flexing the knee joints, the lower legs / feet are approximated to the buttocks. 4. Immediately thereafter, both knee joints are stretched again.

Advice

Avoid a drop in the hip during the movement! The closer you place your arms to the body, the harder it will be to balance. The further you abduct the legs, the more intense the exercise becomes. With the arms you can possibly build back pressure, so as not to waver. The further you move away from the suspension point, the more intense the exercise becomes.

Combination Exercise - Hip Abduction - Hamstring Curl - Push-up position - Group: Combination exercise






Tags

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

Description

1. Both legs are simultaneously moved aside with high body tension (abduction). 2. The legs are brought together again slowly (adduction). 3. By flexing the knee joints, the lower legs / feet are approximated to the buttocks. 4. Immediately thereafter, both knee joints are stretched again.

Advice

Avoid a drop in the hip during the movement! The further you abduct the legs, the more intense the exercise becomes. With the arms you can possibly build back pressure, so as not to waver. The further you move away from the suspension point, the more intense the exercise becomes.

Combination Exercise - Hip Abduction - Hamstring Curl - hang - 2 - Group: Combination exercise






Tags

Type of exercise: Combination exercise, Partial body exercise, Strength exercise
Number of persons: One
Muscle Primary: Back, Arm, Leg
Muscle Secundary: Shoulder
Difficulty: Medium
Other: Dynamic, Knee height, Shoulder height, 2 Slings

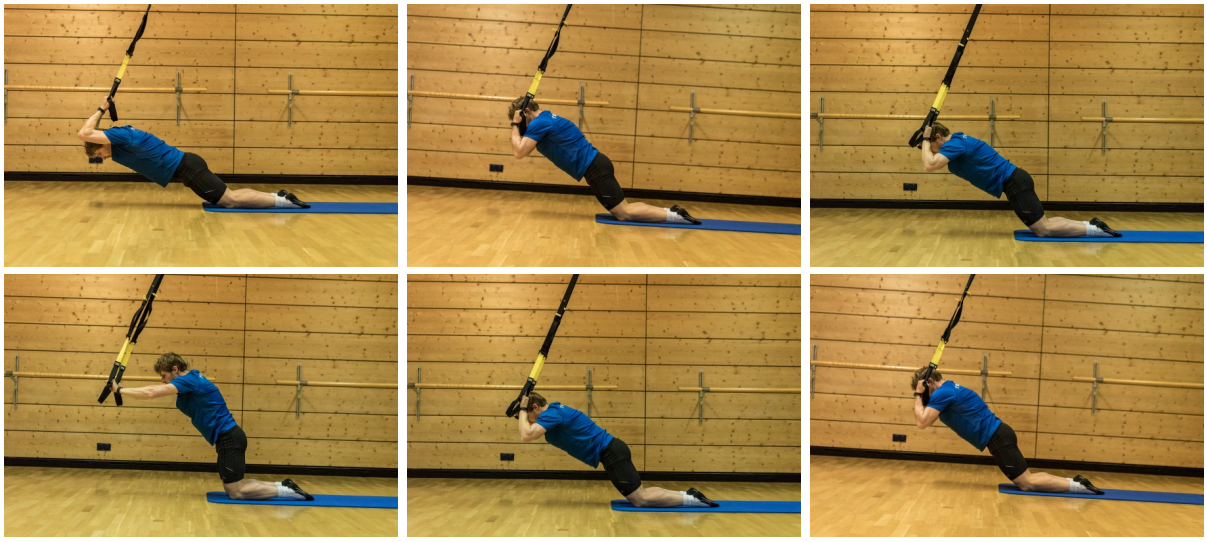
Description

1. Both legs are simultaneously moved aside with high body tension (abduction). 2. The legs are brought together again slowly (adduction). 3. By flexing the knee joints, the lower legs / feet are approximated to the buttocks. 4. Immediately thereafter, both knee joints are stretched again.

Advice

Avoid a drop in the hip during the movement! The further you abduct the legs, the more intense the exercise becomes. With the arms you can possibly build back pressure, so as not to waver. The further you move away from the suspension point, the more intense the exercise becomes.

Combination Exercise - Kneeling position - Overhead Lying Row - Bizeps Press - Group: Combination exercise



Tags

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

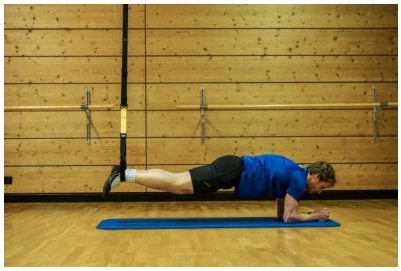
Description

1. The arms are strongly bent in the elbow joint and brought to forehead height next to the head. The elbows are held slightly above shoulder level 2. The arms are stretched in the elbow. 3. The arms are bent more than 90 ° in the elbow. The body is stretched under tension. 4. The arms are stretched again and the chest is pushed up as far as possible.

Advice

Keep the body straight and avoid large movement fluctuations in the shoulder! The larger you choose the angle of inclination, the greater the load. Watch your body tension!

Combination Exercise - Pike - Body saw - Forearm push-up position - Group: Combination exercise






Tags

Type of exercise: Combination exercise, Partial body 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 forearm push-up position, the hip is moved over the vertical shoulder axis. 2. The hip is moved back again. 3. From the forearm push-up position, the stretched body is moved backward. This increases the elbow as well as the arm-hull angle. 4. The body is moved forward again.

Advice

Keep your legs closed during the exercise! Avoid a "hollow cross" during the execution! The practice becomes more intense the further you remove your body from the suspension point.

Combination Exercise - Pike - Body saw - Push-up position - Group: Combination exercise






Tags

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

Description

1. From the push-up position, the hip is moved over the vertical shoulder axis. 2. The hip is moved back again. 3. From the push-up position, the stretched body is moved backward. This increases the arm-hull angle. The arms stay as stretched as possible. 4. The body is moved forward again.

Advice

Keep your legs closed during the exercise! Avoid a "hollow cross" during the execution! The practice becomes more intense the further you remove your body from the suspension point.

Combination Exercise - Plank - Lift arm - Lift leg - Forearm push-up position - Group: Combination exercise






Tags

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

Description

1. The body is supported on the forearms and held in prone position. The stomach is tense and the buttocks slightly raised. An arm is stretched as far as possible from the ground. 2. The arm moves back to the starting position. 3. The body is supported on the forearms and held in prone position. The stomach is tense and the buttocks slightly raised. One leg is stretched as far as possible from the ground. 4. The leg moves back to the starting position.

Advice

Avoid a drop in the hip!

Combination Exercise - Plank - Lift arm - Lift leg - Push-up position - Group: Combination exercise






Tags

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

Description

1. The body is supported on the arms and held in prone position. The stomach is tense and the buttocks slightly raised. An arm is stretched as far as possible from the ground. 2. The arm moves back to the starting position. 3. The body is supported on the arms and held in prone position. The stomach is tense and the buttocks slightly raised. One leg is stretched as far as possible from the ground. 4. The leg moves back to the starting position.

Advice

Avoid a drop in the hip!

Combination Exercise - Push Up - Reverse Lying Row - Partner - Group: Combination exercise






Tags

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

Description

1. The arms are bent up to 90 ° in the elbow. The body is stretched under tension. 2. The arms are stretched again and the chest is pushed up as far as possible. 3. The arms are stretched slowly and the body is shifted down. The entire body remains stretched. 4. By pulling on the handles, the body moves forward or up. The elbows are guided close to the body.

Advice

Bend and stretch only the arms while the body remains in a fixed position! The greater the distance from the suspension point, the greater the tensile load on the abdominal muscles. Ensure good body tension throughout the entire exercise.

Combination Exercise - Push Up - Reverse Lying Row - partner - box - arm - Group: Combination exercise






Tags

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

Description

1. The arms are bent up to 90 ° in the elbow. The body is stretched under tension. 2. The arms are stretched again and the chest is pushed up as far as possible. 3. The arms are stretched slowly and the body is shifted down. The entire body remains stretched. 4. By pulling on the handles, the body moves forward or up. The elbows are guided close to the body.

Advice

Bend and stretch only the arms while the body remains in a fixed position! The greater the distance from the suspension point, the greater the tensile load on the abdominal muscles. Ensure good body tension throughout the entire exercise.

Combination Exercise - Push Up - Reverse Lying Row - partner - box - leg - Group: Combination exercise






Tags

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

Description

1. The arms are bent up to 90 ° in the elbow. The body is stretched under tension. 2. The arms are stretched again and the chest is pushed up as far as possible. 3. The arms are stretched slowly and the body is shifted down. The entire body remains stretched. 4. By pulling on the handles, the body moves forward or up. The elbows are guided close to the body.

Advice

Bend and stretch only the arms while the body remains in a fixed position! The greater the distance from the suspension point, the greater the tensile load on the abdominal muscles. Ensure good body tension throughout the entire exercise.

Combination Exercise - Push-up - Body saw - Group: Combination exercise






Tags

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

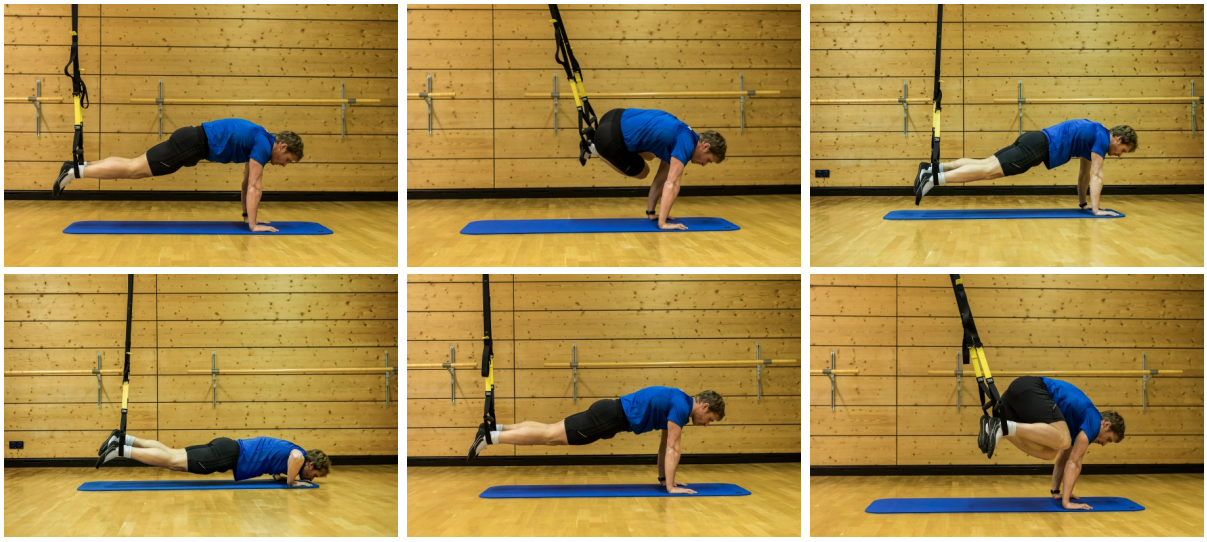
Description

1. The arms are bent up to 90° in the elbow. The body is stretched under tension. 2. The arms are stretched again and the chest is pushed up as far as possible. 3. From the push-up position, the stretched body is moved backward. This increases the arm-hull angle. The arms stay as stretched as possible. 4. The body is moved forward again.

Advice

Bend and stretch only the arms while the body remains in a fixed position! The greater the distance from the suspension point, the greater the tensile load on the abdominal muscles. Keep your legs closed during the exercise! Avoid a "hollow cross" during the execution! The practice becomes more intense the further you remove your body from the suspension point.

Combination Exercise - Push-up - Crunch Pelendium - Group: Combination exercise



Tags

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

Description

1. The arms are bent up to 90° in the elbow. The body is stretched under tension. 2. The arms are stretched again and the chest is pushed up as far as possible. 3. From the push-up position, the body is pushed up. The knees are alternately tightened to the left and right beside the chest. 4. The knees and hips are stretched again.

Advice

Bend and stretch only the arms while the body remains in a fixed position! The greater the distance from the suspension point, the greater the tensile load on the abdominal muscles. 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.

Combination Exercise - Push-up - Pike - Group: Combination exercise






Tags

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

Description

1. The arms are bent up to 90° in the elbow. The body is stretched under tension. 2. The arms are stretched again and the chest is pushed up as far as possible. 3. From the push-up position, the hip is moved over the vertical shoulder axis. 4. The hip is moved back again.

Advice

Bend and stretch only the arms while the body remains in a fixed position! The greater the distance from the suspension point, the greater the tensile load on the abdominal muscles. Keep your legs closed during the exercise! Avoid a "hollow cross" during the execution! The practice becomes more intense the further you remove your body from the suspension point.

Combination Exercise - Push-up - Superman - Group: Combination exercise






Tags

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

Description

1. The arms are bent up to 90 ° in the elbow. The body is stretched under tension. 2. The arms are stretched again and the chest is pushed up as far as possible. 3. From the push-up position, the upper body begins to move forward with stretched arms. In the final position the body is stretched as far as possible. 4. The upper body moves back to the push-up position.

Advice

Bend and stretch only the arms while the body remains in a fixed position! The greater the distance from the suspension point, the greater the tensile load on the abdominal muscles. Avoid a drop in the hip during the movement!

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






Tags

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

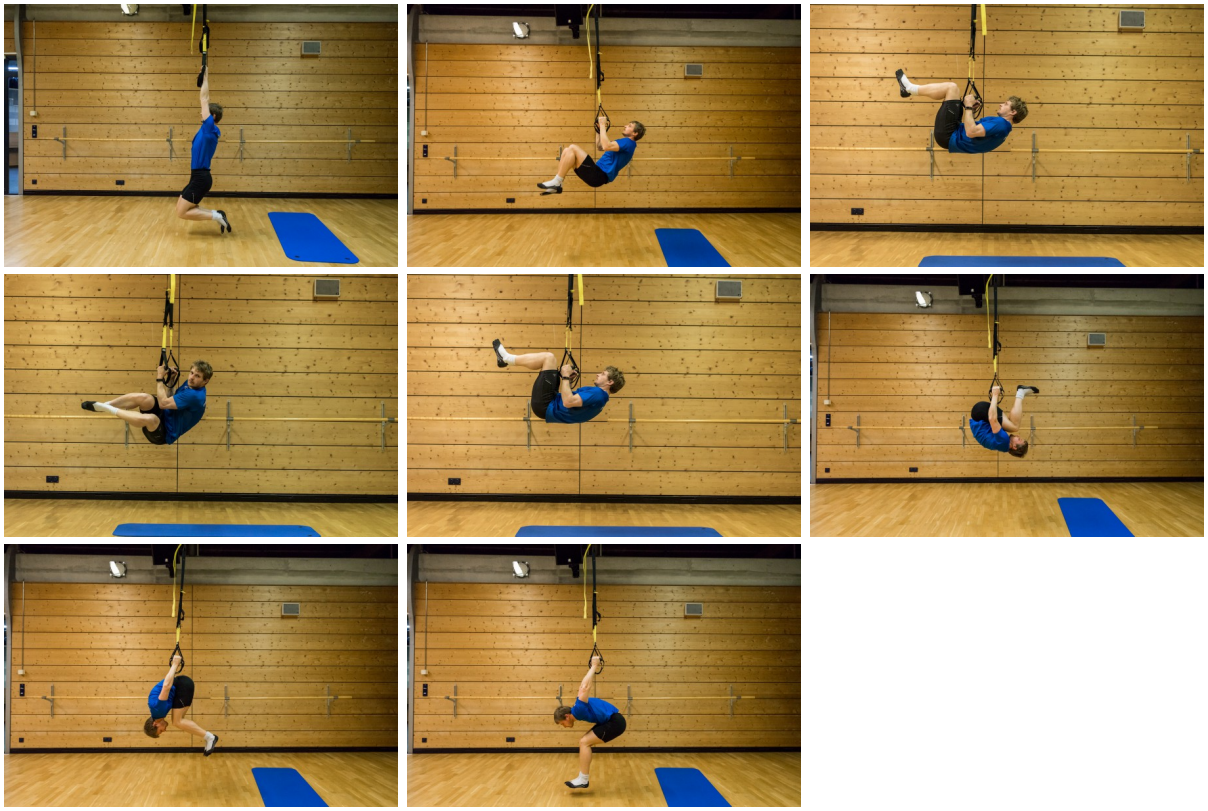
Description

1. The arms are bent up to 90° in the elbow. The body is stretched under tension. 2. The arms are stretched again and the chest is pushed up as far as possible. 3. From the push-up position, the body is pushed up. The knees are attracted to the chest. 4. The knees and hips are stretched again.

Advice

Bend and stretch only the arms while the body remains in a fixed position! The greater the distance from the suspension point, the greater the tensile load on the abdominal muscles. 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.

Combination Exercise - Role - Hang and Turn - Group: Combination exercise



Tags

Type of exercise: Combination exercise, Partial body exercise, Strength exercise
Number of persons: One
Muscle Primary: Abdominis, Arm, Shoulder, Leg, Butt
Muscle Secundary: Back, Chest
Difficulty: Hard
Other: Dynamic, Vertical reach, 1 Sling

Description

1. From the stretched slope, the legs begin to rotate around the body (as in the upswing on the horizontal bar). 2. At half the distance, the angled legs are turned to the left and right in the lateral slope. 3. Then the body continues to rotate. The final position is determined by the shoulder mobility. 4. The legs rotate back until the stretched slope is reached again. Optionally, the legs can be turned left and right halfway through the return route.

Advice

The further the body rotates, the more significant the strength of the back muscles on the way back becomes. Pay attention to good body tension throughout the exercise.

Combination Exercise - Shoulder - Squat - Push-up - Group: Combination exercise






Tags

Type of exercise: Partner exercise, Combination exercise, Partial body exercise, Strength exercise
Number of persons: Two
Muscle Primary: Abdominis, Chest, Arm, Shoulder, Leg, Butt
Muscle Secundary: Back
Difficulty: Medium
Other: Dynamic, Hip 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 arms are bent up to 90 ° in the elbow. The body is stretched under tension. 4. The arms are stretched again and the chest is pushed up as far as possible.

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. Bend and stretch only the arms while the body remains in a fixed position! The feet of the upper partner are supported on the shoulders.

Combination Exercise - Shoulder - Squat - Reverse Lying Row - Group: Combination exercise






Tags

Type of exercise: Partner exercise, Combination exercise, Partial body exercise, Strength exercise
Number of persons: Two
Muscle Primary: Arm, Shoulder, Leg, Butt
Muscle Secundary: Back, Abdominis, Chest
Difficulty: Medium
Other: Dynamic, Shoulder height, Vertical reach, 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 arms are stretched slowly and the body is shifted downwards. The entire body remains stretched. The legs are on the partner's shoulder. 4. By pulling on the handles, the body moves forward or up. The elbows are guided close to the body.

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. Ensure good body tension throughout the entire exercise.

Combination Exercise - Shoulder Press - Push-up - partner - Group: Combination exercise






Tags

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

Description

1. The partner's legs are placed on the shoulders and held with the arms. With the help of the back, shoulder, arm and chest muscles, the arms are stretched upwards. 2. The arms are again guided slowly and controlled down again. 3. The arms are bent up to 90 ° in the elbow. The body is stretched under tension. 4. The arms are stretched again and the chest is pushed up as far as possible.

Advice

The upward movement may be supported by the legs. Bend and stretch only the arms while the body remains in a fixed position! The feet of the upper partner are supported on the shoulders.

Combination Exercise - Shoulder Press - Reverse Lying Row - partner - Group: Combination exercise






Tags

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

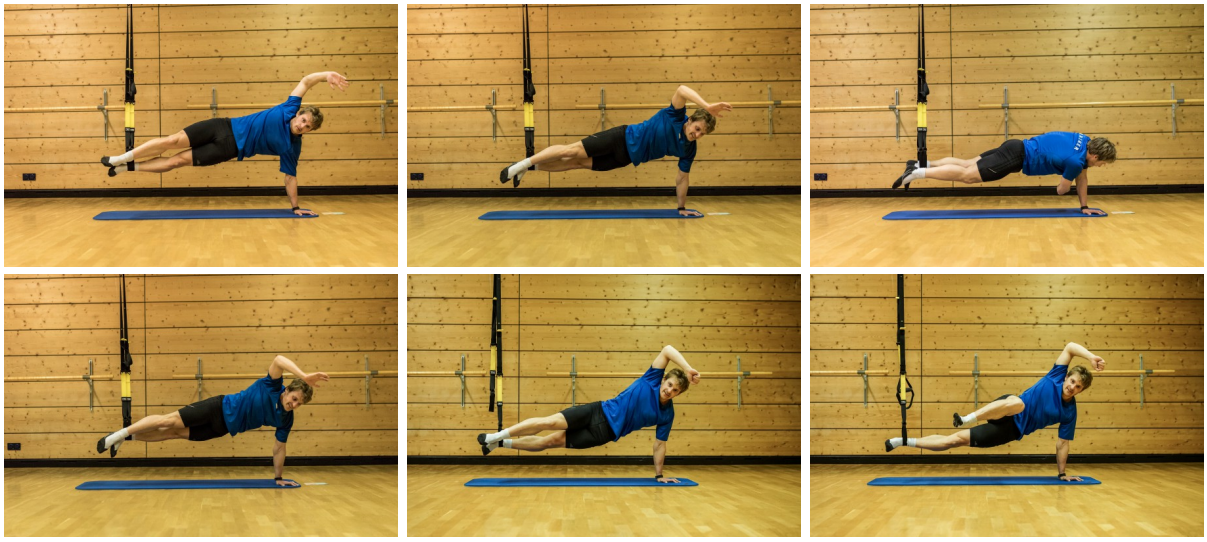
Description

1. The partner's legs are placed on the shoulders and held with the arms. With the help of the back, shoulder, arm and chest muscles, the arms are stretched upwards. 2. The arms are again guided slowly and controlled down again. 3. The arms are stretched slowly and the body is shifted downwards. The entire body remains stretched. The legs are on the partner's shoulder. 4. By pulling on the handles, the body moves forward or up. The elbows are guided close to the body.

Advice

The upward movement may be supported by the legs.

Combination Exercise - Side Plank - Rotation - Side Climber - Group: Combination exercise



Tags

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

Description

1. The hip is lifted until it is in line with the body. The upper body now turns at high body tension controlled in the prone position. 2. The upper body turns from the prone position back to the starting position. 3. From the starting position, one knee is quickly put on the chest, bending the hip and knee joint by at least 90 °. 4. The hip and knee joint is stretched again.

Advice

The free arm can help maintain balance. Avoid a drop in the hip during the movement!

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!

Combination Exercise - Squat - Reverse Lying Row - Both-legged - 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
Difficulty: Easy
Other: Dynamic, Hip height, 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. By pulling on the handles, the body moves forward or up. The elbows are guided close to the body. 4. The arms are stretched slowly and the body is shifted backwards. The entire body remains stretched.

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. Choose a non-slip surface! The greater you choose the angle of inclination, the more intense the exercise becomes.

Combination Exercise - Squat - Reverse Lying Row - One-legged - Group: Combination exercise






Tags

Type of exercise: Combination exercise, Partial body exercise, Strength exercise
Number of persons: One
Muscle Primary: Back, Arm, Leg, Butt
Muscle Secundary: Shoulder
Difficulty: Medium
Other: Dynamic, Hip height, 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. By pulling on the handles, the body moves forward or up. The elbows are guided close to the body. 4. The arms are stretched slowly and the body is shifted backwards. The entire body remains stretched.

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. Choose a non-slip surface! The greater you choose the angle of inclination, the more intense the exercise becomes.

Combination Exercise - Squat - Shoulder Press - Partner - Group: Combination exercise






Tags

Type of exercise: Partner exercise, Combination exercise, Partial body exercise, Strength exercise
Number of persons: Two
Muscle Primary: Abdominis, Back, Arm, Shoulder, Leg, Butt
Muscle Secundary: Chest
Difficulty: Hard
Other: Dynamic, Hip 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 partner's legs are placed on the shoulders and held with the arms. With the help of the back, shoulder, arm and chest muscles, the arms are stretched upwards. 4. The arms are again guided slowly and controlled down again.

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 upward movement may be supported by the legs.

Combination Exercise - Squat - Superman - Both-legged - Group: Combination exercise






Tags

Type of exercise: Combination exercise, Partial body exercise, Strength exercise
Number of persons: One
Muscle Primary: Back, Arm, Shoulder, Leg, Butt
Muscle Secundary: Abdominis
Difficulty: Medium
Other: Dynamic, Hip 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. From the position or from the squat, the upper body begins to move forward with stretched arms. In the final position the body is stretched as far as possible. 4. The upper body moves back to a safe squat or standing position.

Advice

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. Avoid a drop in the hip during the movement!

Combination Exercise - Squat - Superman - One-legged - Group: Combination exercise






Tags

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

Description

1.The body is moved backwards by the flexion of the supporting leg. If 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. From the one-legged stance or from the one-legged squat, the upper body begins to move forward with outstretched arms. In the final position the body is stretched as far as possible. 4. The upper body moves back to a secure one-legged squat or standing position.

Advice

The deeper you lower the back leg, the more intense the exercise becomes. Avoid a drop in the hip during the movement!

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

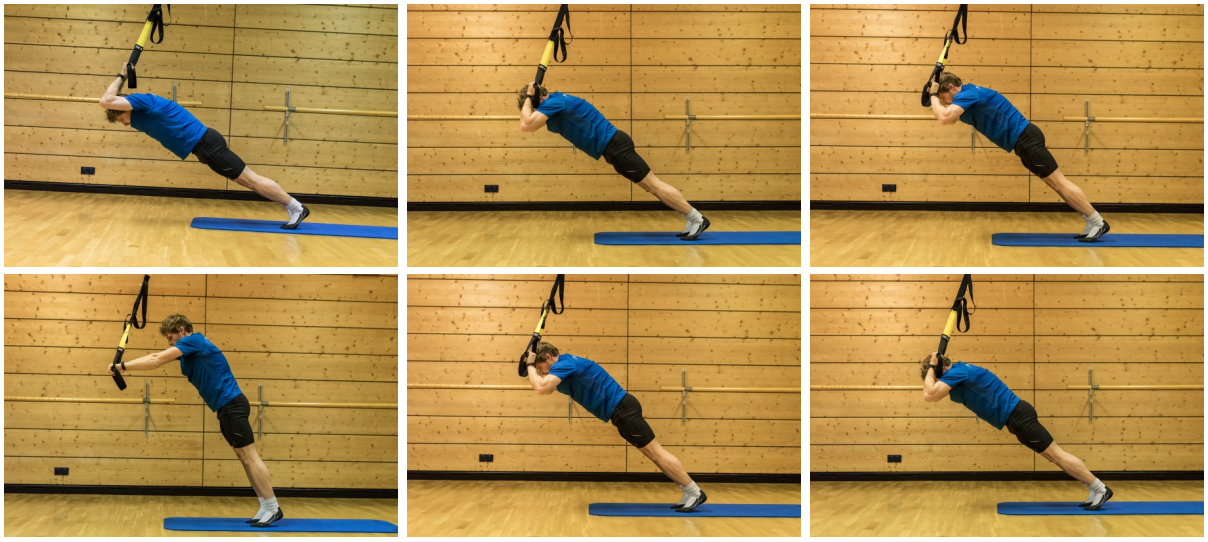
Description

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.

Combination Exercise - Standing position - Overhead Lying Row - Bizeps Press - Group: Combination exercise



Tags

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

Description

1. The arms are strongly bent in the elbow joint and brought to forehead height next to the head. The elbows are held slightly above shoulder level 2. The arms are stretched in the elbow. 3. The arms are bent more than 90 ° in the elbow. The body is stretched under tension. 4. The arms are stretched again and the chest is pushed up as far as possible.

Advice

Keep the body straight and avoid large movement fluctuations in the shoulder! The larger you choose the angle of inclination, the greater the load. Watch your body tension!