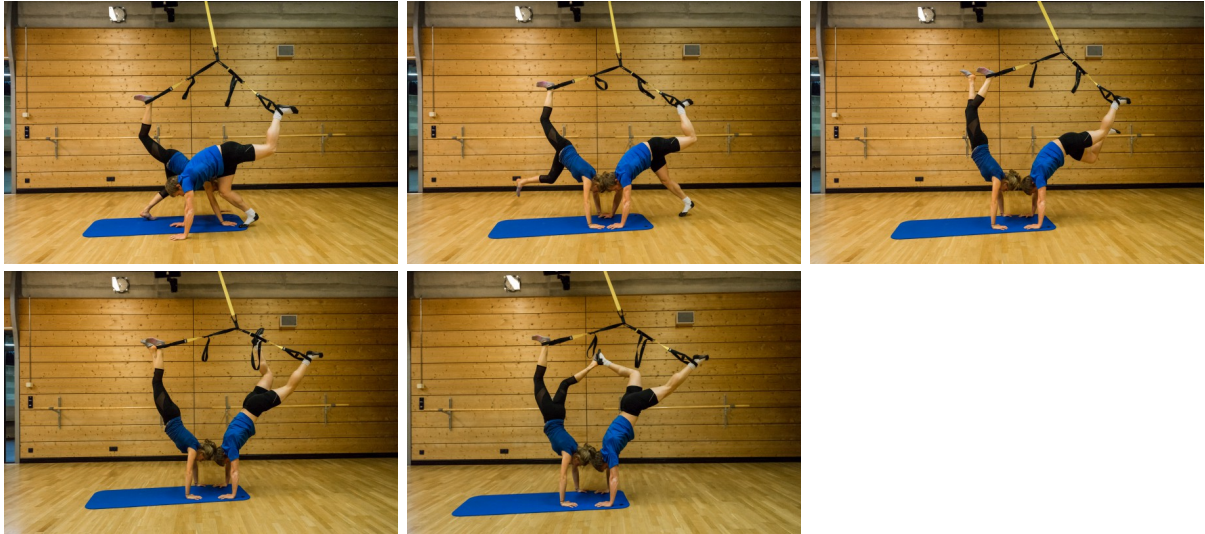


## Handstand - partner - Group: Handstand



### Tags

**Type of exercise:** Full body exercise, Partner exercise, Strength exercise

**Number of persons:** Two

**Muscle Primary:** Shoulder, Back, Arm

**Muscle Secondary:** 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.