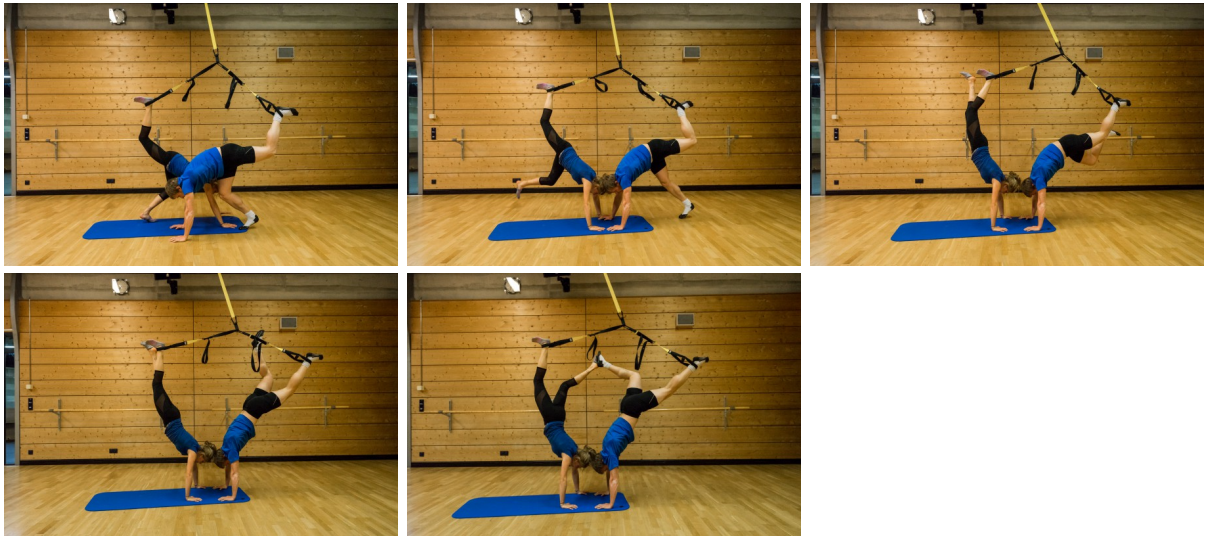


Handstand - partner - Group: Handstand



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.