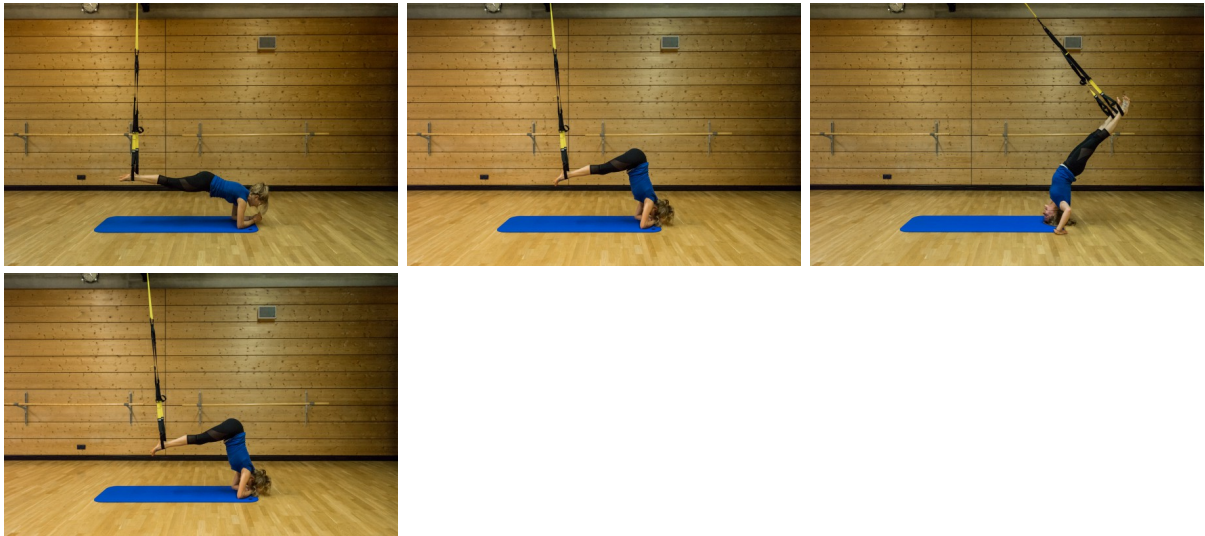


## Angular handstand from the pike - Forearm push-up position - Group: Handstand



### Tags

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

**Number of persons:** One

**Muscle Primary:** Abdominis, Arm, Leg

**Muscle Secondary:** 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.