## 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!