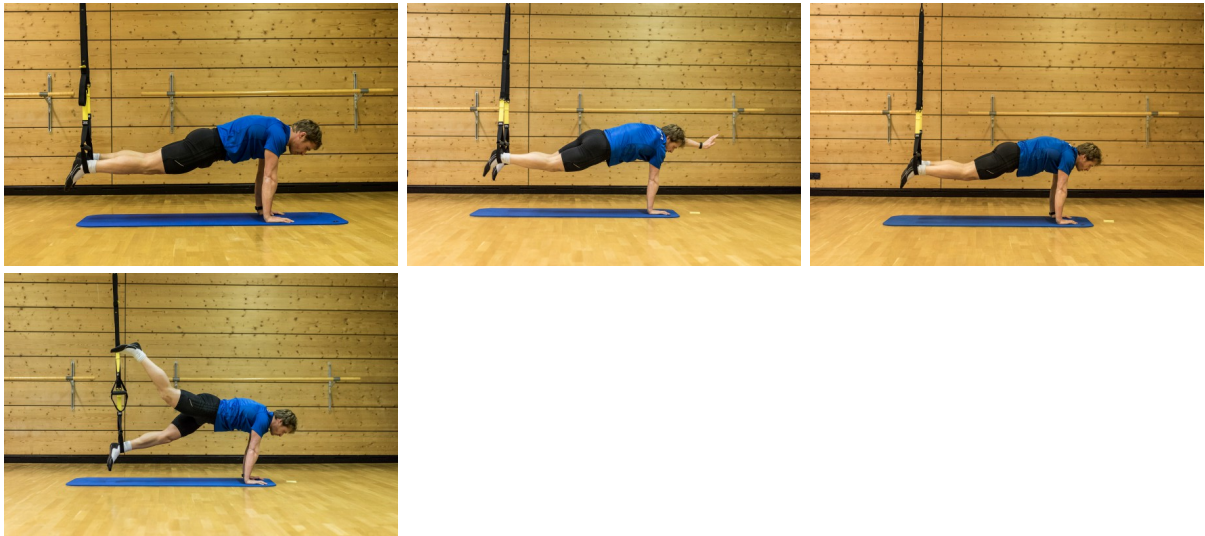


## Combination Exercise - Plank - Lift arm - Lift leg - Push-up position - Group: Combination exercise



### Tags

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

**Number of persons:** One

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

**Muscle Secondary:** 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!