

Y-Flies - one-legged - Group: Flies



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Back, Shoulder

Muscle Secondary: Abdominis, Arm

Difficulty: Easy

Other: 1 Sling, Shoulder height, Hip height, Dynamic

Description

1. The upper body is erected at (almost) stretched elbow joints and simultaneous movement of the arms upwards. 2. The upper body is brought by return of the arms in the starting position.

Advice

In the final position, try to bring the scapulae as close together as possible to optimally load the upper back muscles.