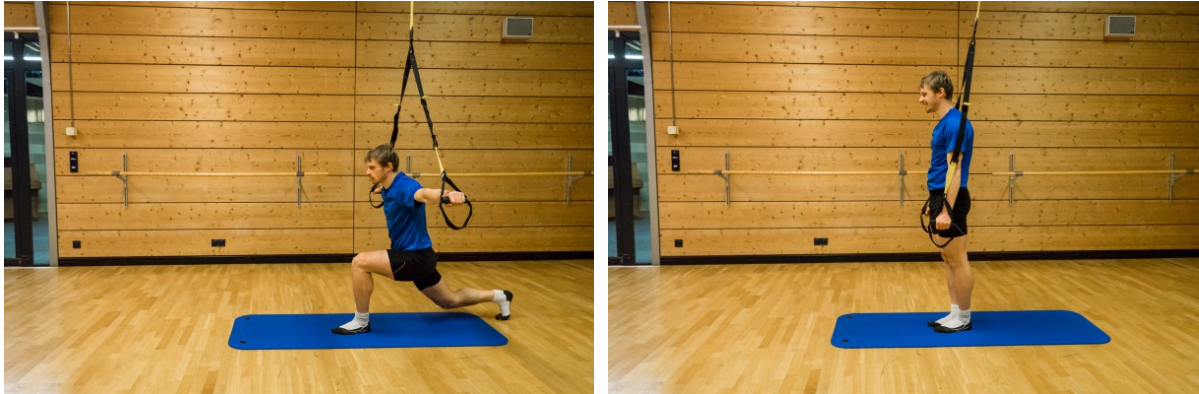


Lunge reverse - Fly - Group: Lunge



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Leg, Butt

Muscle Secondary: Shoulder, Back, Arm

Difficulty: Easy

Other: 1 Sling, Hip height, Dynamic

Description

1. When the upper body is upright, one leg is guided backwards. The front knee is flexed, while the back knee remains as stretched as possible. The arms in the slings are guided outwards. 2. The back leg is returned to the leg.

Advice

The deeper you lower the buttocks, the more intense the exercise becomes.