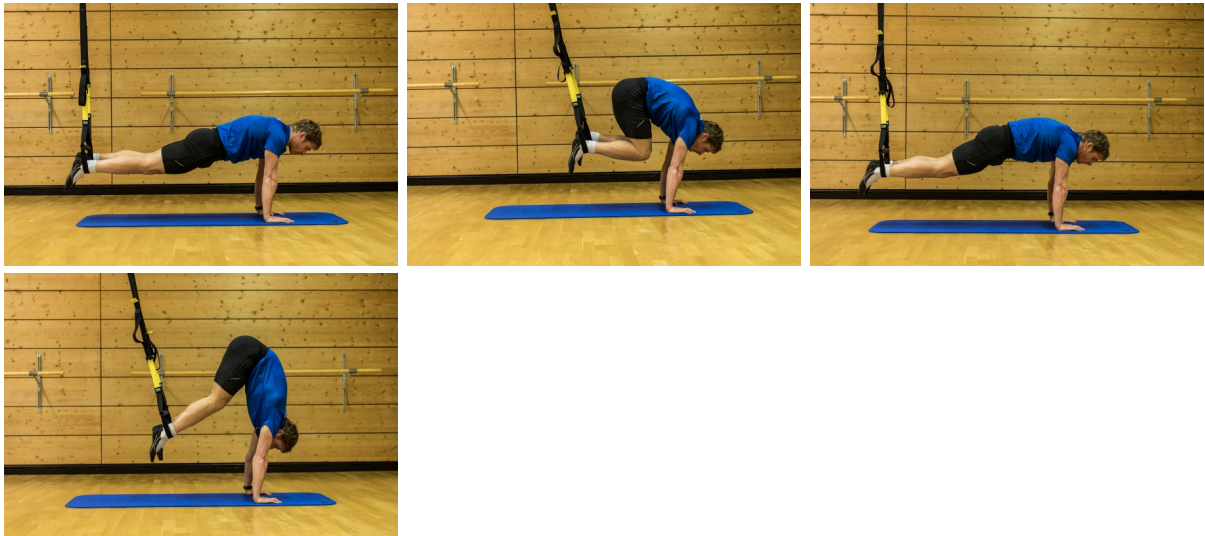


## Combination Exercise - Crunch - Pike - Push-up position - Group: Combination exercise



### Tags

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

**Number of persons:** One

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

**Muscle Secondary:** Butt, Shoulder, Back

**Difficulty:** Medium

**Other:** Dynamic, Knee height, 1 Sling

### Description

1. From the push-up position, the body is pushed up. The knees are attracted to the chest. 2. The knees and hips are stretched again. 3. From the push-up position, the hip is moved over the vertical shoulder axis. 4. The hip is moved back again.

### Advice

Keep your legs closed during the exercise! Avoid a "hollow back" when stretching the body! The practice becomes more intense the further you remove your body from the suspension point.