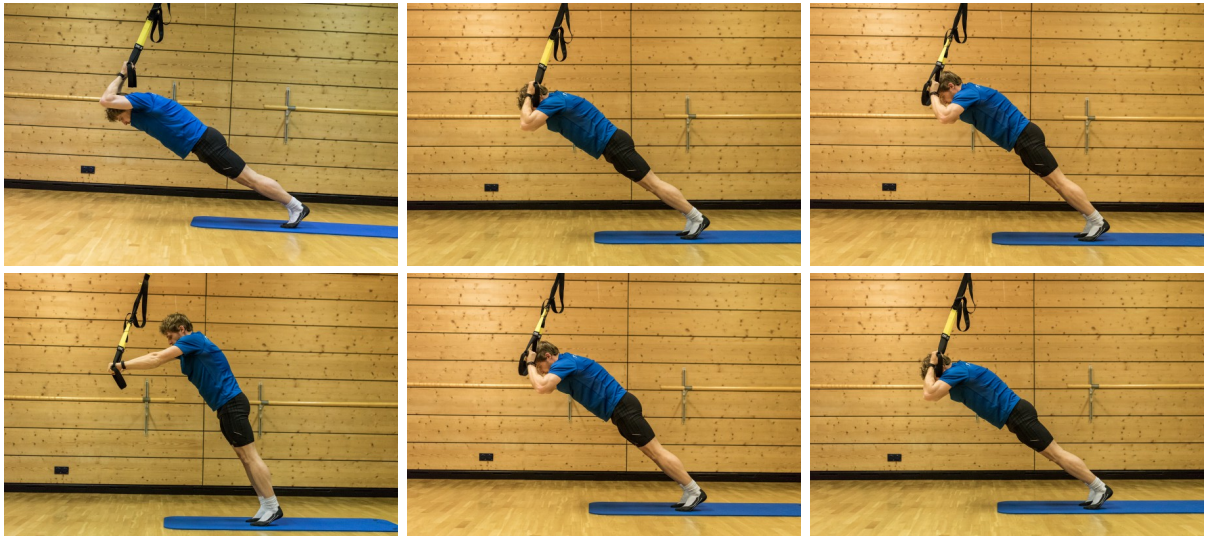


## Combination Exercise - Standing position - Overhead Lying Row - Biceps Press - Group: Combination exercise



### Tags

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

**Number of persons:** One

**Muscle Primary:** Arm, Shoulder

**Muscle Secondary:** Back, Abdominis, Chest

**Difficulty:** Medium

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

### Description

1. The arms are strongly bent in the elbow joint and brought to forehead height next to the head. The elbows are held slightly above shoulder level 2. The arms are stretched in the elbow. 3. The arms are bent more than 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

Keep the body straight and avoid large movement fluctuations in the shoulder! The larger you choose the angle of inclination, the greater the load. Watch your body tension!