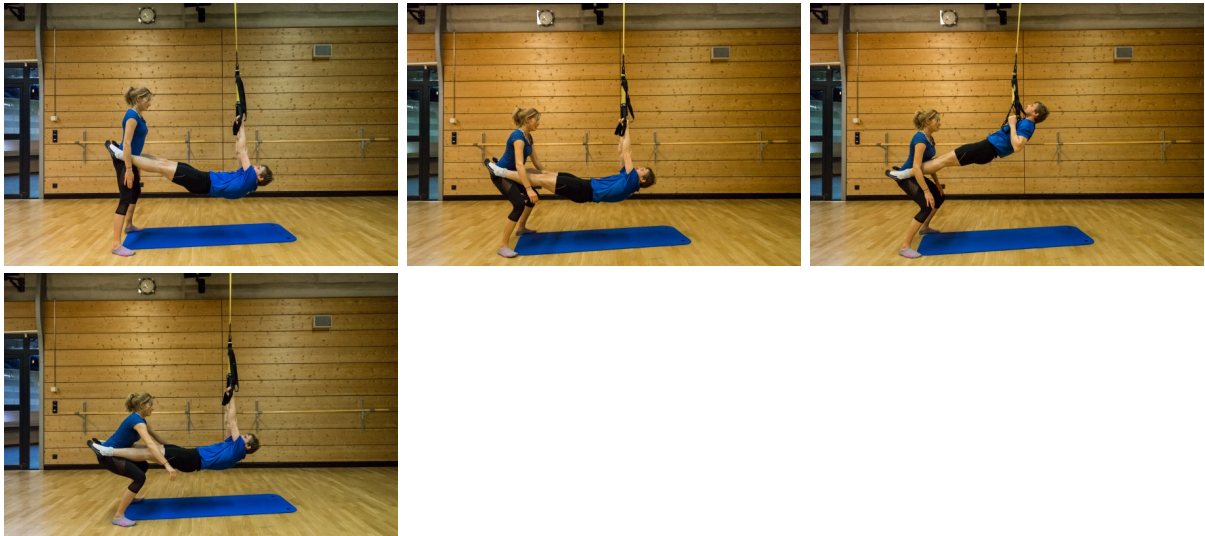


## Combination Exercise - Hip - Squat - Reverse Lying Row - Group: Combination exercise



### Tags

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

**Number of persons:** Two

**Muscle Primary:** Back, Arm, Leg, Butt

**Muscle Secondary:** Shoulder

**Difficulty:** Medium

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

### Description

1. The body is moved downwards by the flexion of both legs to the desired angle. 2. The body is straightened up with the power of the legs. These are stretched both in the hip and in the knee joint, while the back remains straight. 3. The arms are stretched slowly and the body is shifted down. The entire body remains stretched. The legs cling to the partner's hip. 4. By pulling on the handles, the body moves forward or up. The elbows are guided close to the body.

### Advice

Do not move your knees over the toe. The deeper you lower the buttocks, the more intense the exercise becomes. For knee problems you should not fall below the 90 ° in the diffraction. Ensure good body tension throughout the entire exercise.