Combination Exercise - Squat - Superman - Both-legged - Group: Combination exercise

Tags

Type of exercise: Combination exercise, Partial body exercise, Strength exercise
Number of persons: One
Muscle Primary: Back, Arm, Shoulder, Leg, Butt
Muscle Secundary: Abdominis
Difficulty: Medium
Other: Dynamic, Hip 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. From the position or from the squat, the upper body begins to move forward with stretched arms. In the final position the body is stretched as far as possible. 4. The upper body moves back to a safe squat or standing position.

Advice

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. Avoid a drop in the hip during the movement!