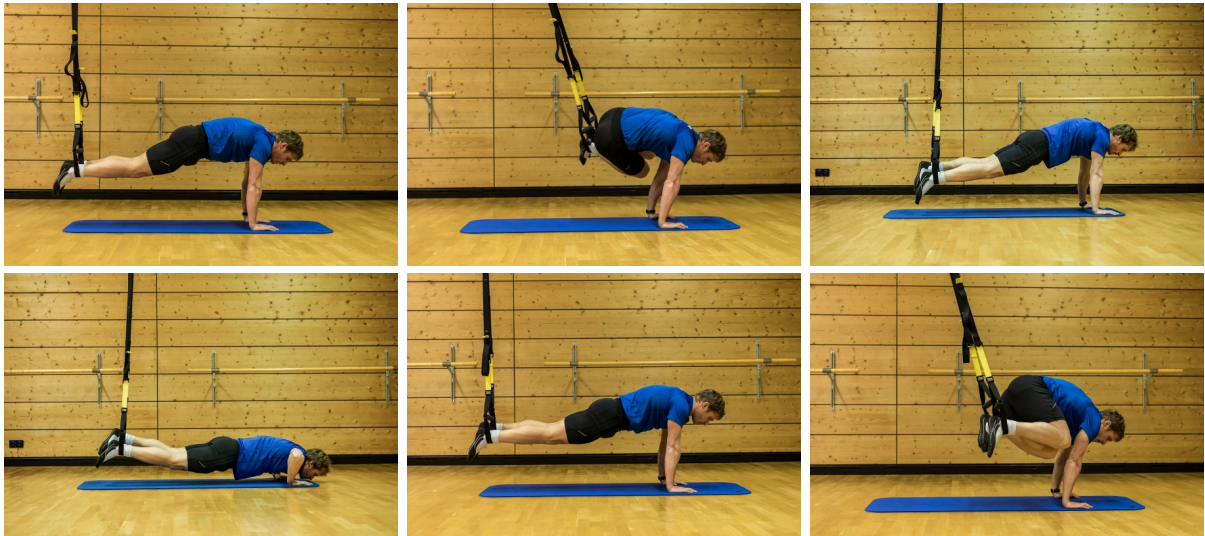


## Combination Exercise - Push-up - Crunch Pelendum - Group: Combination exercise



### Tags

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

**Number of persons:** One

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

**Muscle Secondary:** Butt, Back

**Difficulty:** Medium

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

### Description

1. The arms are bent up to 90° in the elbow. The body is stretched under tension. 2. The arms are stretched again and the chest is pushed up as far as possible. 3. From the push-up position, the body is pushed up. The knees are alternately tightened to the left and right beside the chest. 4. The knees and hips are stretched again.

### Advice

Bend and stretch only the arms while the body remains in a fixed position! The greater the distance from the suspension point, the greater the tensile load on the abdominal muscles. 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.