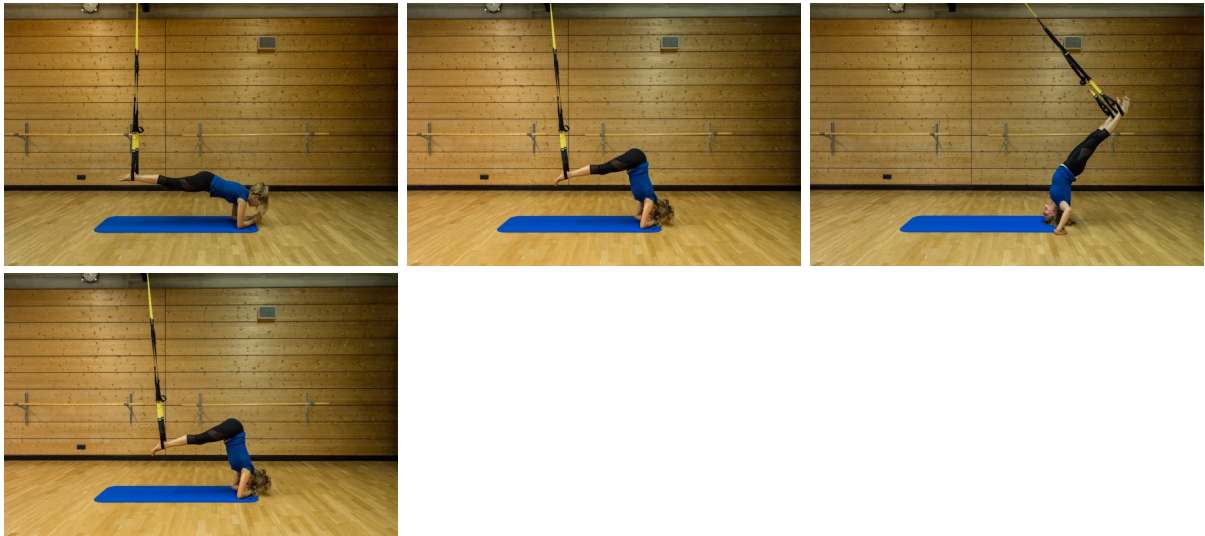


Handstand

Angular handstand from the pike - Forearm push-up position	2
Angular handstand from the pike - Push-up position	3
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Angular handstand from the pike - Forearm push-up position - Group: Handstand



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Abdominis, Arm, Leg

Muscle Secondary: Shoulder, Back

Difficulty: Hard

Other: 1 Sling, Knee height, Dynamic

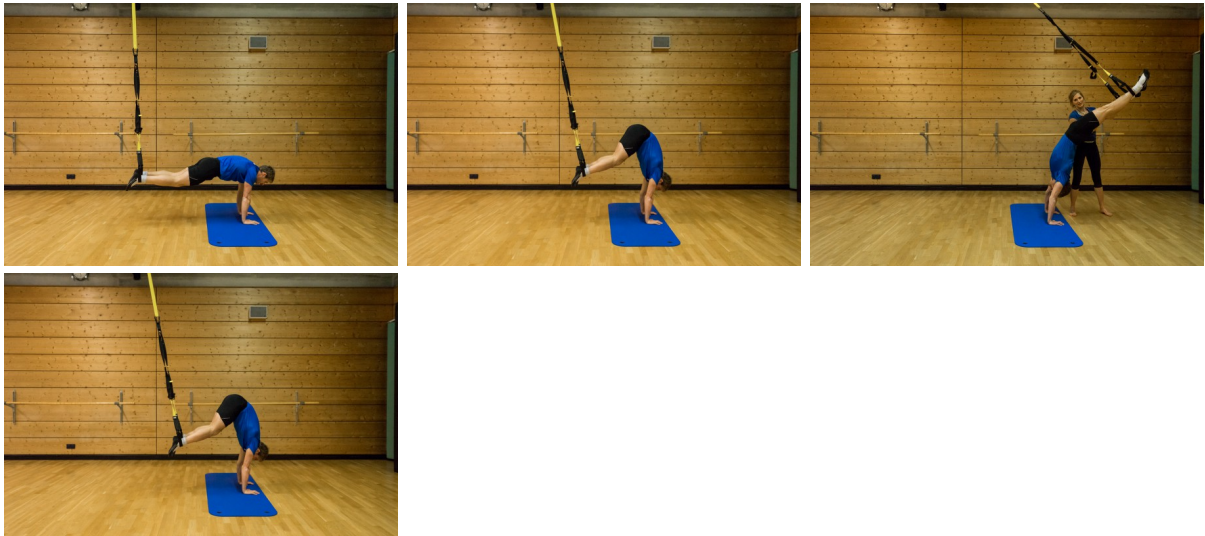
Description

1. From the forearm support position, the hip is moved over the vertical shoulder axis. Then the legs are splayed outwards and led upwards until the handstand is reached. 2. The legs are lowered in a controlled manner and then the hips are moved back so that the push-up position is reached again.

Advice

Avoid a "hollow cross" during the execution! Pay attention to the individual distance of the hands in the starting position to the suspension point.

Angular handstand from the pike - Push-up position - Group: Handstand



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Abdominis, Arm, Leg

Muscle Secondary: Shoulder, Back

Difficulty: Hard

Other: 1 Sling, Knee height, Dynamic

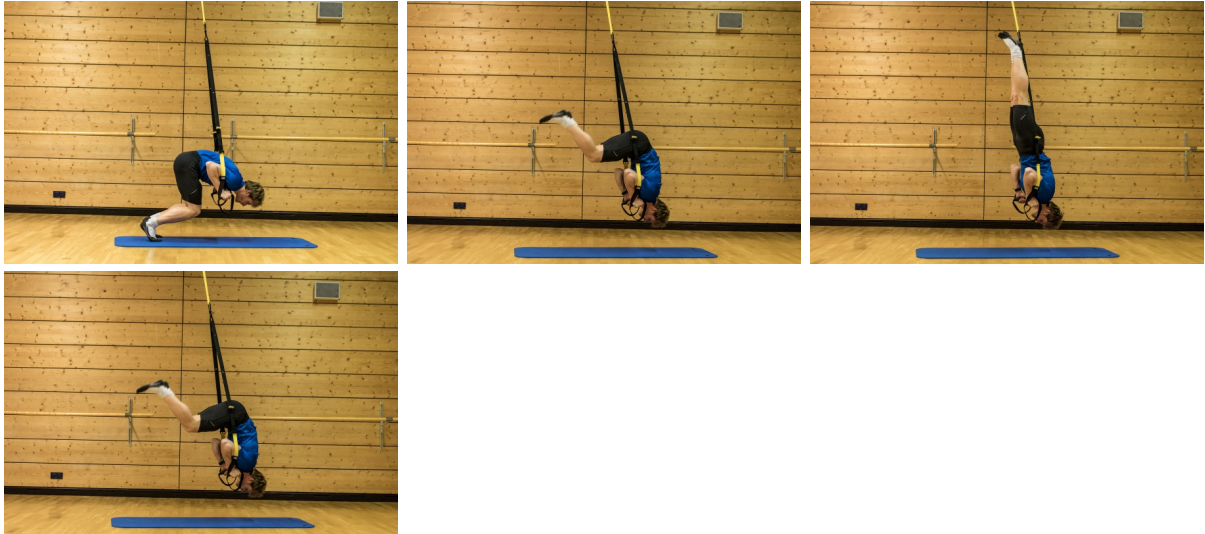
Description

1. From the push-up position, the hip is moved over the vertical shoulder axis. Then the legs are splayed outwards and led upwards until the handstand is reached. 2. The legs are then lowered in a controlled manner and then the hips are moved back so that the push-up position is reached again.

Advice

Avoid a "hollow cross" during the execution! Pay attention to the individual distance of the hands in the starting position to the suspension point.

Handstand - Bent - Group: Handstand



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Arm, Abdominis, Leg

Muscle Secondary: Butt, Back, Shoulder

Difficulty: Medium

Other: Knee height, 1 Sling, Static

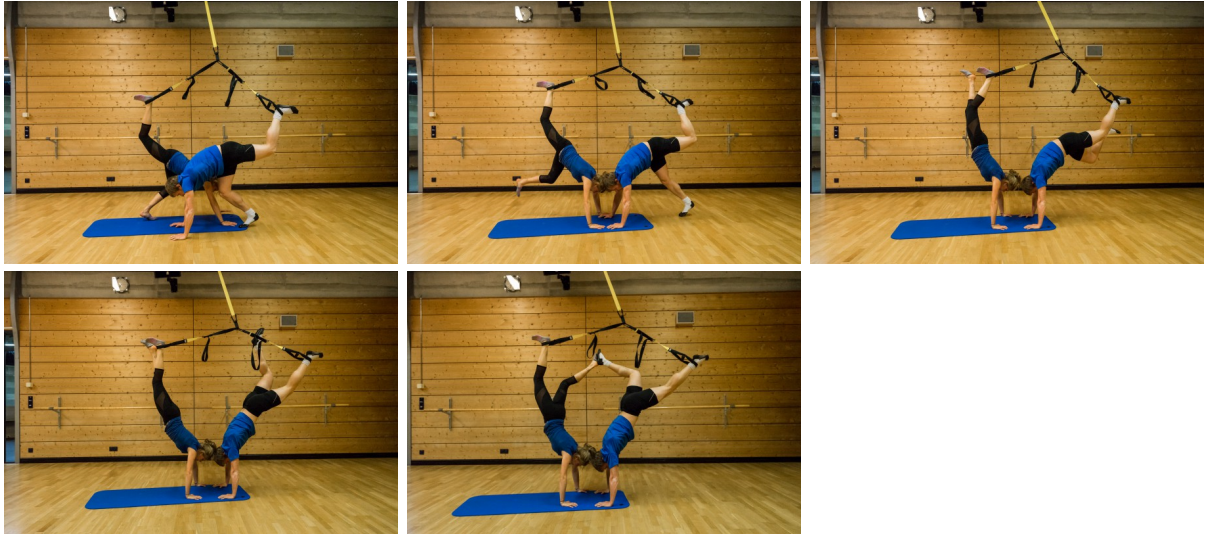
Description

First, firmly anchor your hands in the sling trainer. Then jump into the handstand position with a strong jump and fix your feet as fast as possible on the loop trainer.

Advice

Make sure you have good body tension throughout the exercise.

Handstand - partner - Group: Handstand



Tags

Type of exercise: Full body exercise, Partner exercise, Strength exercise

Number of persons: Two

Muscle Primary: Shoulder, Back, Arm

Muscle Secondary: Leg, Abdominis

Difficulty: Hard

Other: Hip height, 1 Sling, Dynamic

Description

1. From a push-up position is "hiked" to the starting position to the desired angle of inclination. 2. The free leg meets in the air with that of the partner.

Advice

In any case, avoid bending the hips, the back should always be straight! The TRX should be set as high as possible at the beginning of the exercise.

Handstand - stretched - Group: Handstand



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Abdominis, Back, Arm

Muscle Secondary: Butt, Leg, Shoulder

Difficulty: Hard

Other: Knee height, Ankle height, 1 Sling, Static

Description

First, firmly anchor your hands in the sling trainer. Then jump into the handstand position with a strong jump and fix your feet as fast as possible on the loop trainer.

Advice

Make sure you have good body tension throughout the exercise.