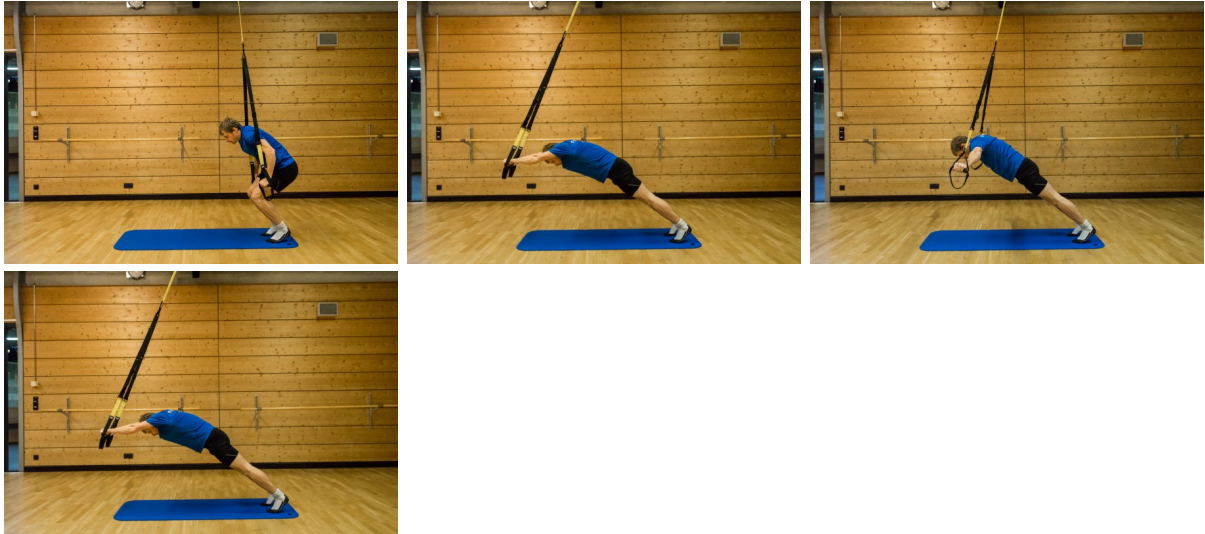


Superman - Arms sideways - Group: Superman



Tags

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

Number of persons: One

Muscle Primary: Shoulder, Back, Arm

Muscle Secondary: Leg, Butt

Difficulty: Medium

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

Description

1. From the position or from the squat, the upper body begins to move forward with stretched arms. From this position, the arms move outward. The arms remain stretched. In the final position the body is stretched as far as possible. 2. The upper body and arms move back to a safe squat or standing position.

Advice

Avoid a drop in the hip during the movement!