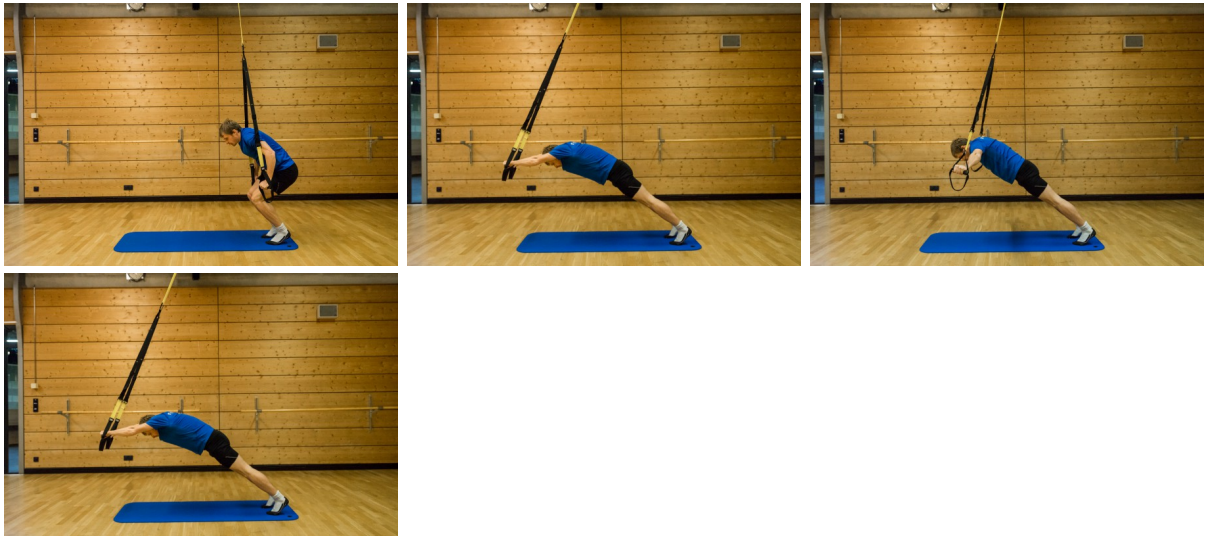


Superman - Arms sideway - Group: Superman



Tags

Type of exercise: Partial body exercise

Number of persons: One

Muscle Primary: Shoulder, Back, Arm

Muscle Secondary: Leg, Butt

Difficulty: Difficulty level 2

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

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!