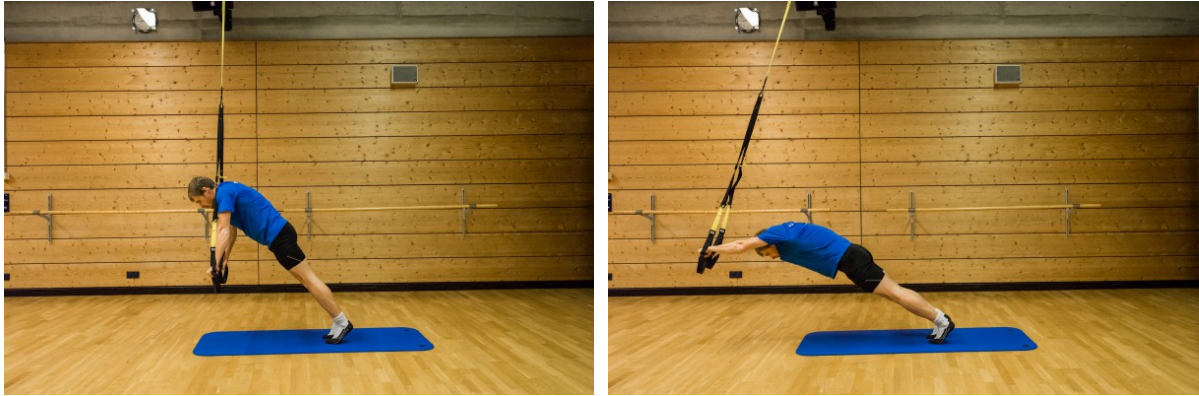


## Superman - Push-up position - Group: Superman



### Tags

**Type of exercise:** Partial body exercise

**Number of persons:** One

**Muscle Primary:** Back, Arm, Shoulder

**Muscle Secondary:** Butt, Leg, Chest

**Difficulty:** Difficulty level 2

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

### Description

1. From the push-up position, the upper body begins to move forward with stretched arms. In the final position the body is stretched as far as possible. 2. The upper body moves back to the push-up position.

### Advice

Avoid a drop in the hip during the movement!