Superman - Push-up position - Group: Superman

Tags

Type of exercise: Partial body exercise, Strength exercise
Number of persons: One
Muscle Primary: Back, Arm, Shoulder
Muscle Secundary: Butt, Leg, Chest
Difficulty: Medium
Other: 1 Sling, Hip height, Knee height, Dynamic

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!