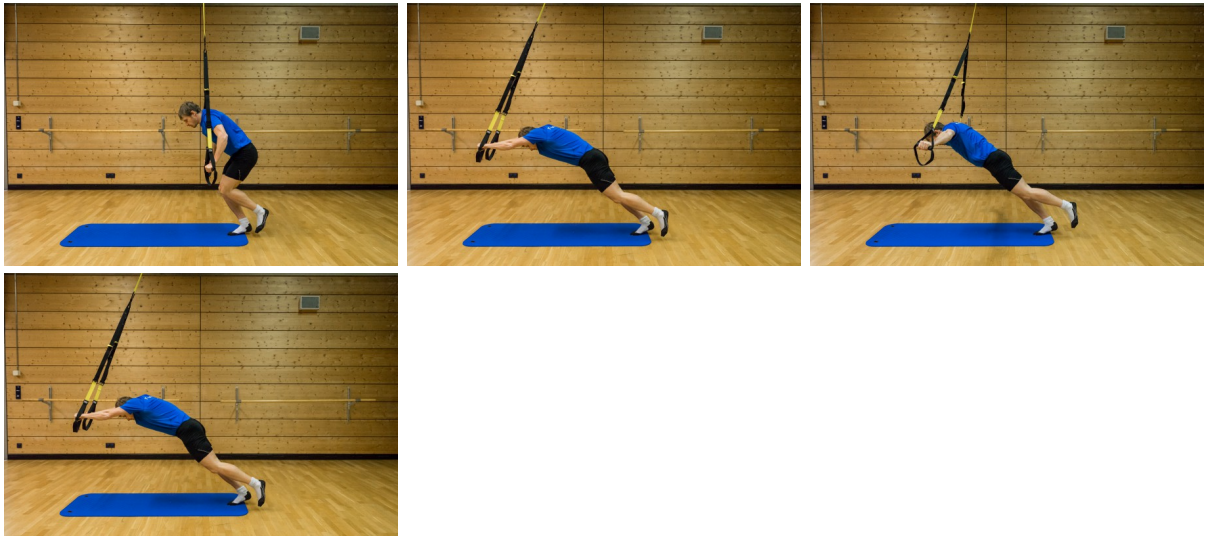


## Superman - one-legged - arms sideways - Group: Superman



### Tags

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

**Number of persons:** One

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

**Muscle Secondary:** Butt, Leg, Abdominis

**Difficulty:** Medium

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

### Description

1. From the one-legged stance or from the one-legged 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 one-legged squat or standing position.

### Advice

Avoid a drop in the hip during the movement!