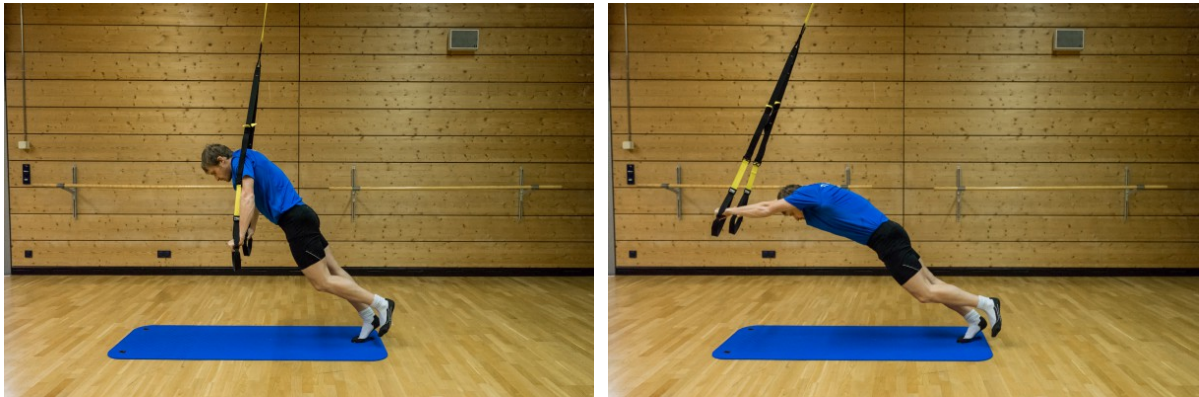


Superman - one-legged - push-up position - Group: Superman



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 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 into the one-legged push-up position.

Advice

Avoid a drop in the hip during the movement!