

Superman - Group: Superman



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Arm, Back, Shoulder

Muscle Secondary: Butt, Leg

Difficulty: Easy

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

Description

1. From the position or from the squat, 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 a safe squat or standing position.

Advice

Avoid a drop in the hip during the movement!