

## 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!