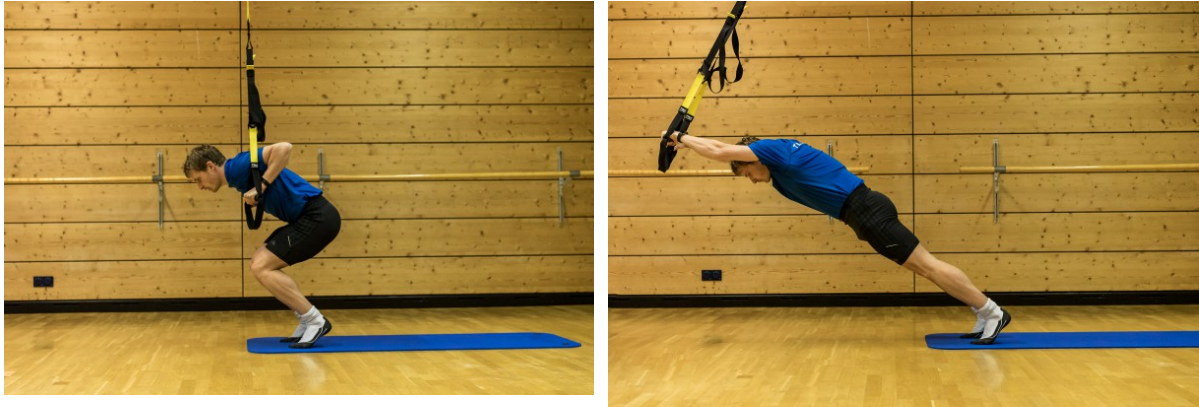


## Superman

<b>Superman</b>	<b>2</b>
<b>Superman - Arms sideway</b>	<b>3</b>
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## Superman - Group: Superman



### Tags

**Type of exercise:** Partial body exercise

**Number of persons:** One

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

**Muscle Secondary:** Butt, Leg

**Difficulty:** Difficulty level 1

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

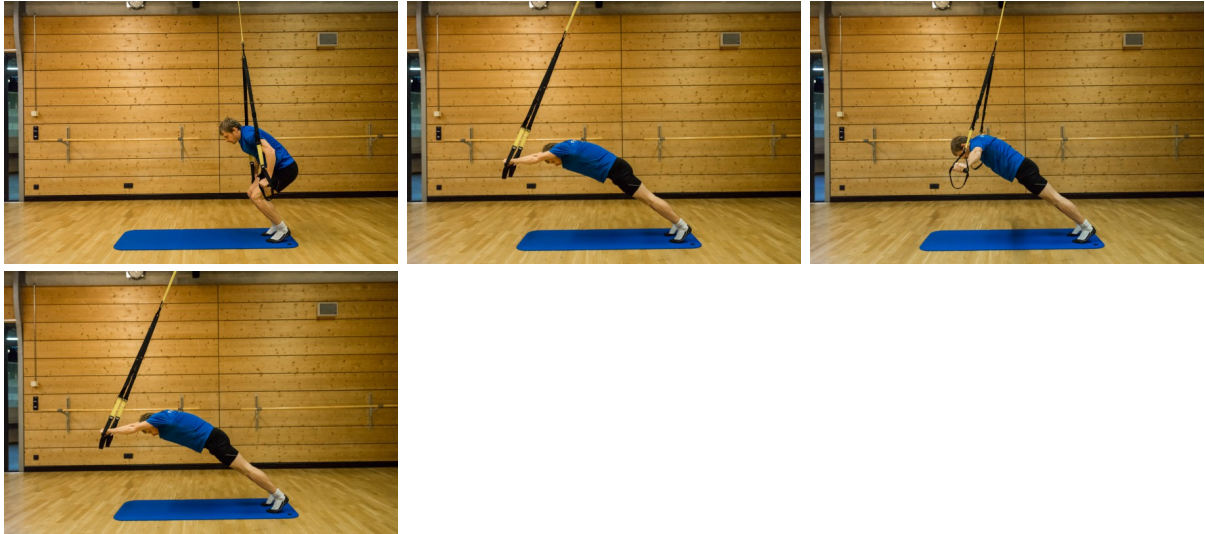
### Description

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!

## Superman - Arms sideway - Group: Superman



### Tags

**Type of exercise:** Partial body exercise

**Number of persons:** One

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

**Muscle Secondary:** Leg, Butt

**Difficulty:** Difficulty level 2

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

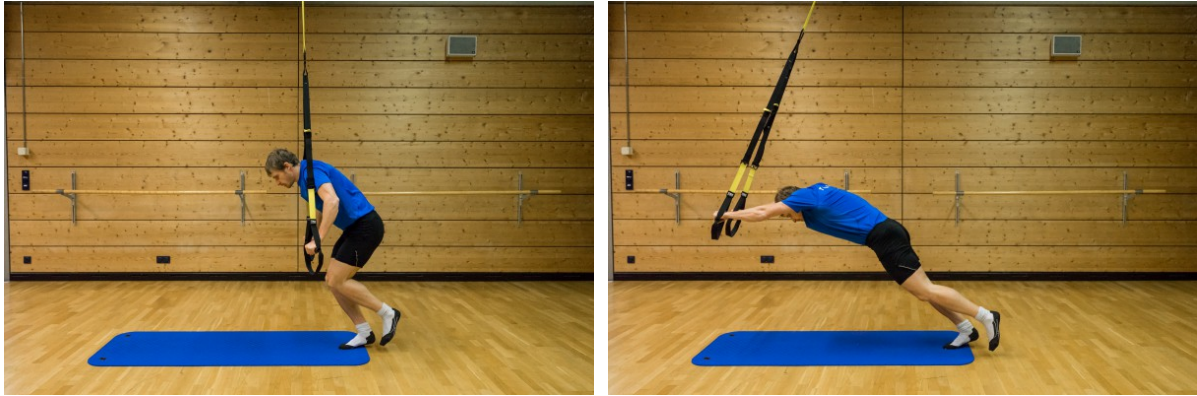
### Description

1. From the position or from the 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 squat or standing position.

### Advice

Avoid a drop in the hip during the movement!

## Superman - One-legged - Group: Superman



### Tags

**Type of exercise:** Partial body exercise

**Number of persons:** One

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

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

**Difficulty:** Difficulty level 2

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

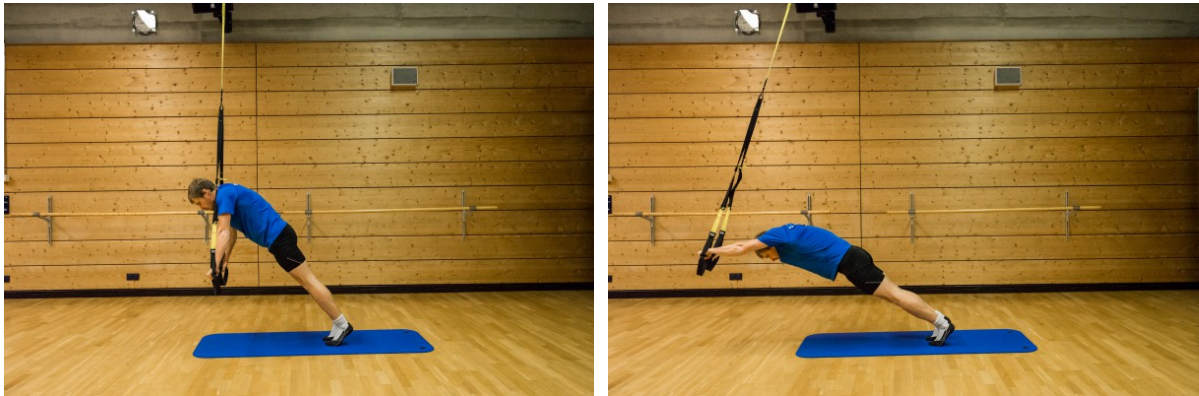
### Description

1. From the one-legged stance or from the one-legged squat, the upper body begins to move forward with outstretched arms. In the final position the body is stretched as far as possible. 2. The upper body moves back to a secure one-legged squat or standing position.

### Advice

Avoid a drop in the hip during the movement!

## Superman - Push-up position - Group: Superman



### Tags

**Type of exercise:** Partial body exercise

**Number of persons:** One

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

**Muscle Secondary:** Butt, Leg, Chest

**Difficulty:** Difficulty level 2

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

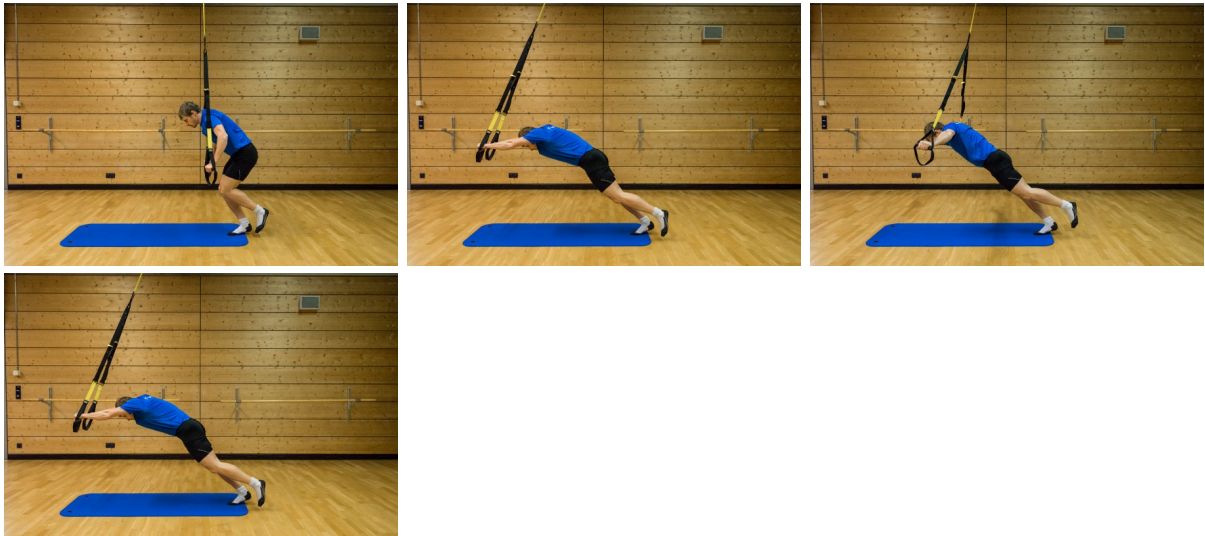
### Description

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!

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



### Tags

**Type of exercise:** Partial body exercise

**Number of persons:** One

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

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

**Difficulty:** Difficulty level 2

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

### Description

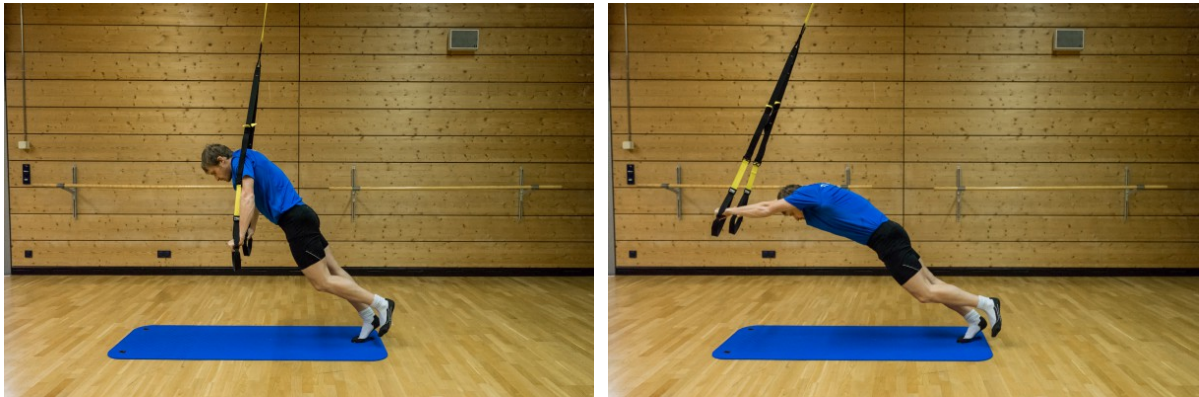
1. From the one-legged stance or from the one-legged squat, the upper body begins to move forward with stretched arms. From this position, the arms move outward. The arms remain stretched. In the final position the body is stretched as far as possible. 2. The upper body and arms move back to a safe one-legged squat or standing position.

### Advice

Avoid a drop in the hip during the movement!



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



### Tags

**Type of exercise:** Partial body exercise

**Number of persons:** One

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

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

**Difficulty:** Difficulty level 2

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

### 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!