

Superman



Muscle Group: Back & Legs (latissimus dorsi, glutes, hamstrings) | **Sets & Reps:** 3x10 seconds
Equipment: Body weight

Instructions

1. Lay on your stomach with arms and legs extended.
2. Using your core and back muscles, lift your arms and legs off the ground and hold it for 10 seconds.
3. While holding, keep your head inline with your back by looking down towards the floor.
4. Repeat this 3 times (3 x 10 seconds).

Tips & Modifications

- Hold the superman for up to 10 seconds, lower the time if you need to.
- For more of a challenge, hold the superman for more than 10 seconds, or pulse 10 times during each set.
- Beginner Tip: Try to lift your hands first, then add your feet.



Click here or scan the QR Code to the right to watch video instructions!

