

Superman

For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=1636>



Exercise Purpose:

- To strengthen your back, buttock, and core muscles

Key Points:

- Place your knees, toes, and hands shoulder width apart on the floor
- Make sure your thighs and arms are vertical
- Make sure your spine is in a neutral position (chin tucked in and up, shoulders down and relaxed, slight curve in your lower back)
- Keeping your toes on the ground, slowly push one leg backwards and at the same time slowly raise the opposite arm off the ground, then slowly lower them back to the starting position
- Breathe out as you raise your arm/leg up and breathe in as you bring them down again
- Maintain your neutral spine throughout
- Keep the movement fluent throughout

*If you know how to then gently draw in your deep stomach muscles at the beginning of this exercise and keep them drawn in throughout