

Movement of the Week

Superman



Description: Lie face down on your stomach with arms and legs extended. Keep your neck in a neutral position. Keeping your arms and legs straight (but not locked) and torso stationary, simultaneously lift your arms and legs up toward the ceiling to form an elongated "u" shape with your body — back arches slightly and arms and legs lift several inches off the floor. Hold for one or two seconds and lower back down to complete one. Exhale as you lift your arms and legs and inhale as you lower them back down. When you have completed all three sets, or even in between each set, take a **Child's Pose** to stretch your back.

Sets/Reps: 3 sets of 10-12 repetitions.

Common Mistakes: Arching the back too much. Straining the neck to lift the head past neutral.

Target Muscles: Erector spinae, gluteus maximus

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

