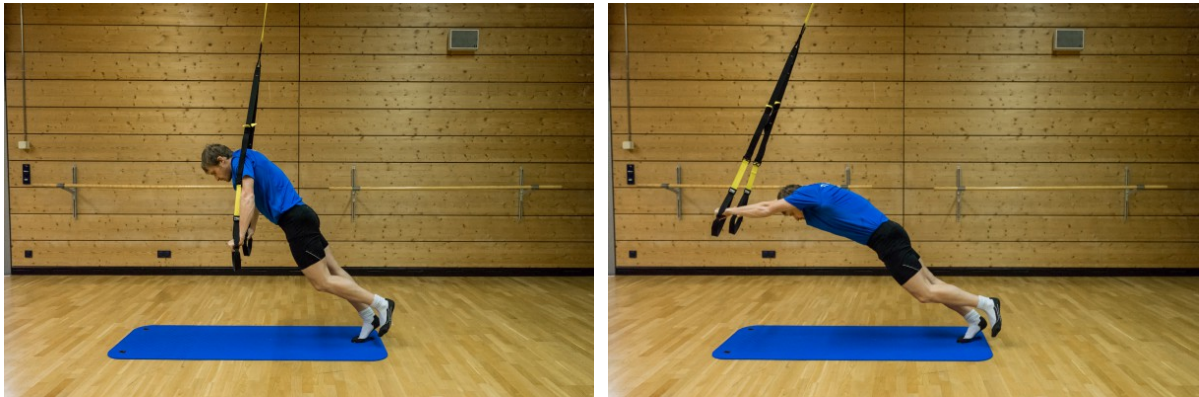


## Superman - one-legged - push-up position - Group: Superman



### 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!