

Superman

Superman	2
Superman - Arms sideways	3
Superman - One-legged	4
Superman - Push-up position	5
Superman - one-legged - arms sideways	6
Superman - one-legged - push-up position	7

Superman - Group: Superman



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Arm, Back, Shoulder

Muscle Secondary: Butt, Leg

Difficulty: Easy

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

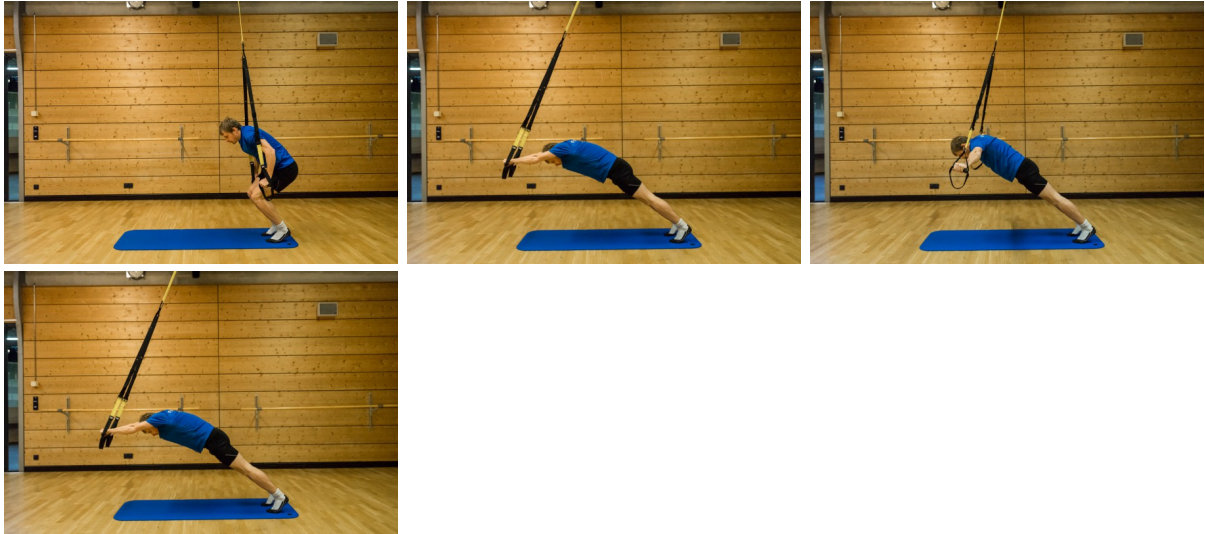
Description

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 sideways - Group: Superman



Tags

Type of exercise: Partial body exercise, Combination exercise, Strength exercise

Number of persons: One

Muscle Primary: Shoulder, Back, Arm

Muscle Secondary: Leg, Butt

Difficulty: Medium

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

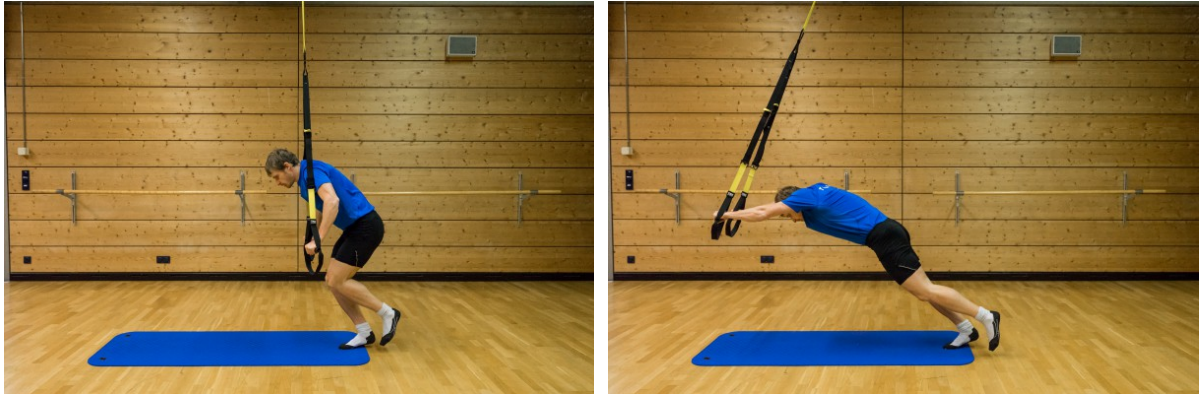
Description

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, Strength exercise

Number of persons: One

Muscle Primary: Back, Arm, Shoulder

Muscle Secondary: Butt, Leg, Abdominis

Difficulty: Medium

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

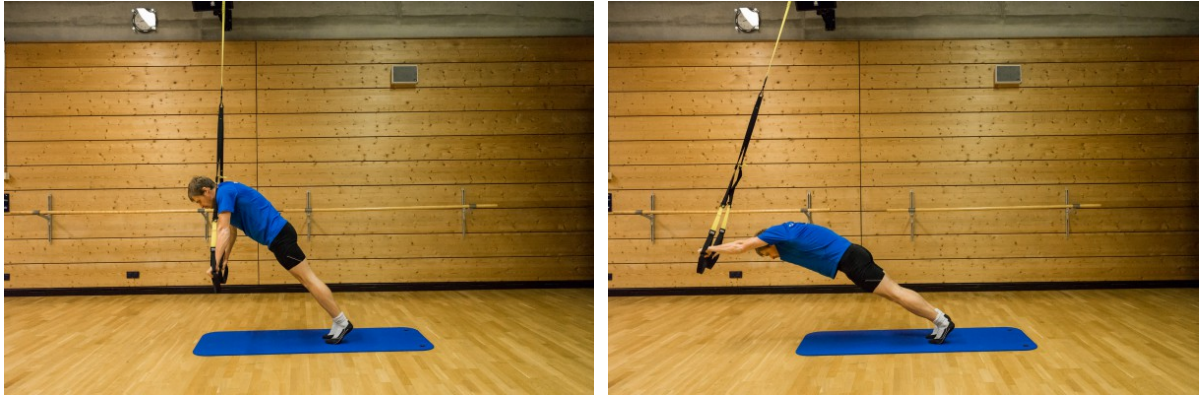
Description

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, Strength exercise

Number of persons: One

Muscle Primary: Back, Arm, Shoulder

Muscle Secondary: Butt, Leg, Chest

Difficulty: Medium

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

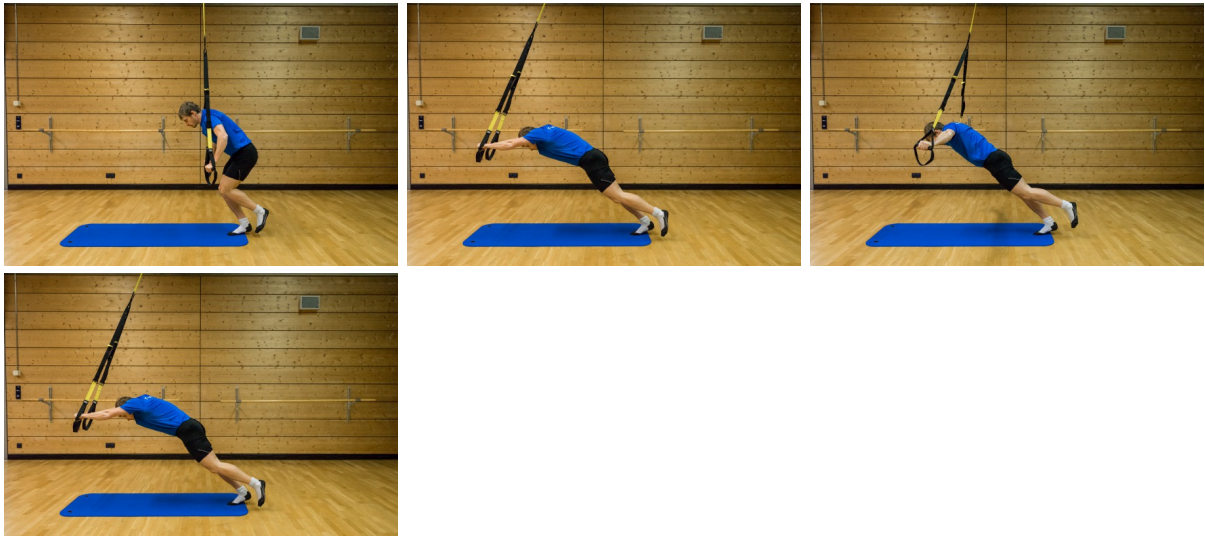
Description

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 sideways - Group: Superman



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Back, Arm, Shoulder

Muscle Secondary: Butt, Leg, Abdominis

Difficulty: Medium

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

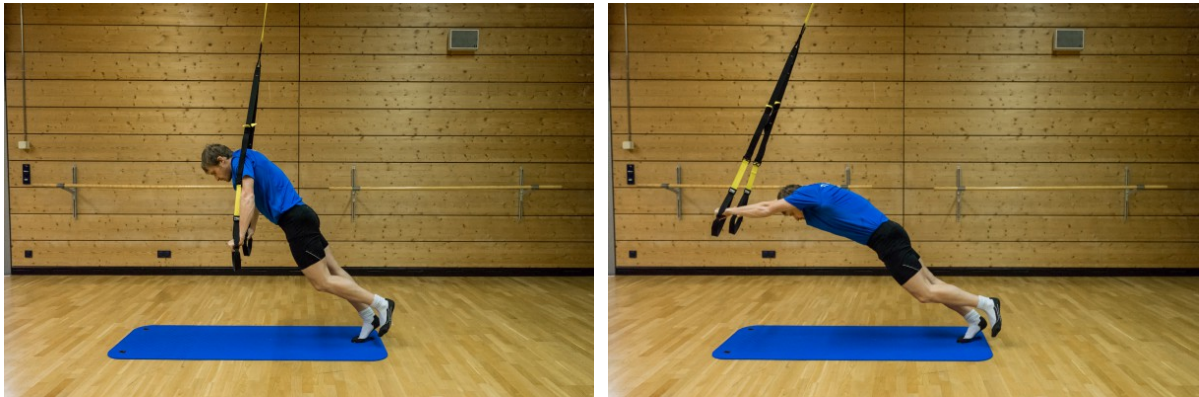
Description

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, Strength exercise

Number of persons: One

Muscle Primary: Back, Arm, Shoulder

Muscle Secondary: Butt, Leg, Abdominis

Difficulty: Medium

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

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!