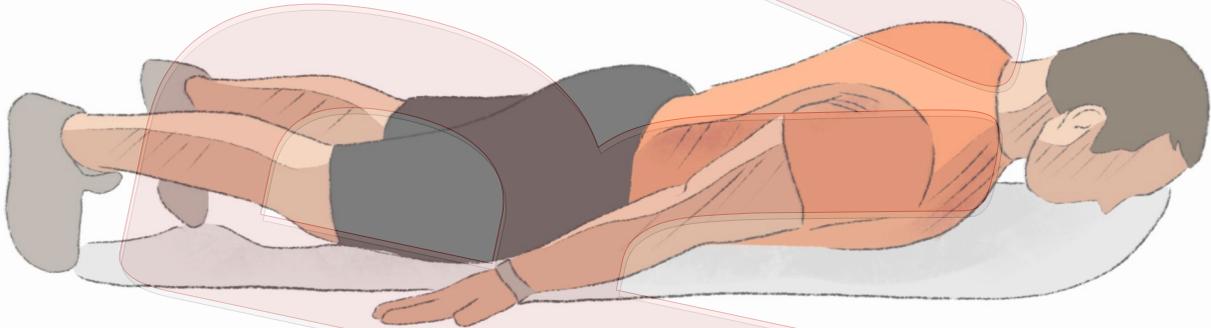


Exercise Spotlight

Superman ["A" Hold]

Muscles Worked	- Erector Spinae, Glutes, Quadriceps, Triceps, Transverse Abdominis
Benefits	- Strengthen the muscles that help to support and stabilize the spine - Prevent low back pain while practicing meaningful postural habits
Precautions	- In order to keep your low back in a safe position, keep your toes in contact with the ground and your knees straight throughout the exercise
Instructions	- Lie down on your stomach with your arms at your sides and palms down. The legs should be straight, chin tucked, and vision down - Straighten your knees, trying to flex your quadriceps and glutes very hard. Proceed to lift your chest off the ground by squeezing the muscles along your back and spine. Next, lift your hands off the ground, trying to keep your elbows straight by flexing your triceps. Lastly, curl your thumbs up toward the ceiling by pinching your shoulder blades together - Hold this position for a desired length of time and repeat for a desired number of sets, paying particular attention to your posture and always maintaining a high level of exercise execution

Start and Finish



Hold Position

