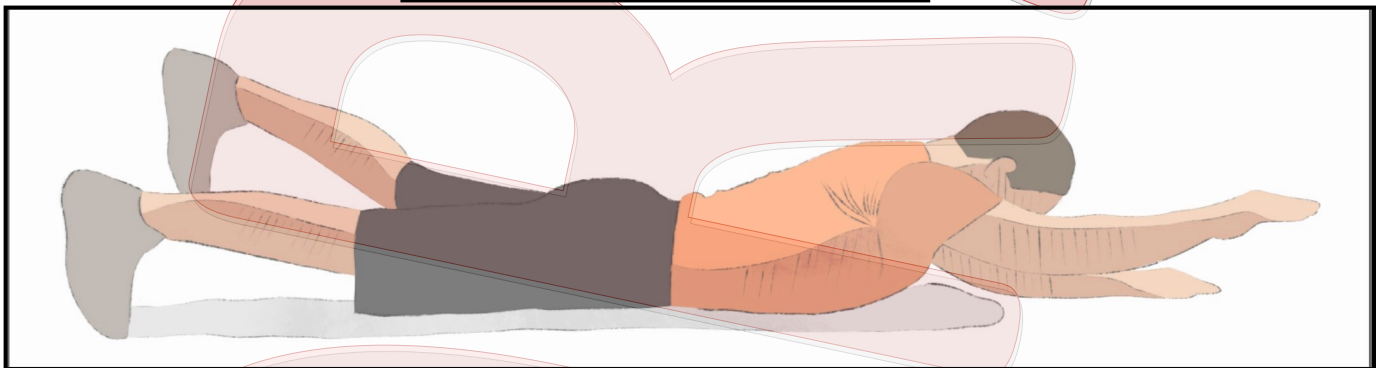


# Exercise Spotlight

## Superman [Opposite Lift]

Muscles Worked	- Erector Spinae, Glutes, Transverse Abdominis
Benefits	<ul style="list-style-type: none"><li>- Strengthen the muscles along the back, helping to support and stabilize the spine</li><li>- Prevent back pain and improve posture</li></ul>
Precautions	- Practice a small range of motion, focusing on keeping the knees and elbows straight as you move through the repetitions
Instructions	<ul style="list-style-type: none"><li>- Lie down on your stomach with your arms and legs extended, chin tucked, and vision down towards the ground</li><li>- With an exhale, simultaneously lift your right arm and left leg a few inches off the ground</li><li>- Hold a second before lowering with an inhale</li><li>- With another exhale, simultaneously lift your left arm and right leg a few inches off the ground</li><li>- Hold a second before lowering with an inhale</li><li>- Continue to alternate side to side, moving with a controlled tempo, and minimizing any moments of rest between repetitions</li><li>- Repeat for a desired number of sets and repetitions</li></ul>

Right Arm / Left Leg



Left Arm / Right Leg

