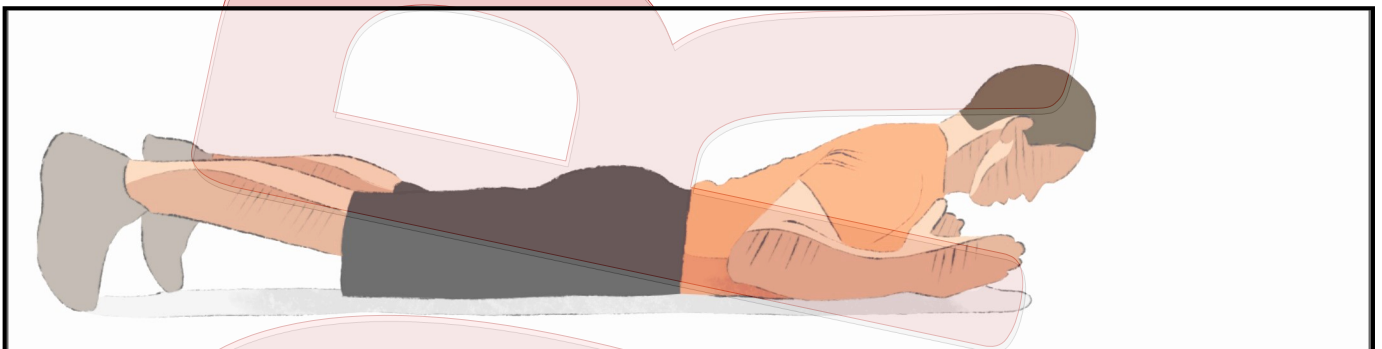


Exercise Spotlight

Superman [Overhead Press]

Muscles Worked	- Erector Spinae, Latissimus Dorsi, Glutes, Transverse Abdominis
Benefits	- Strengthen the muscles along the back, helping to support and stabilize the spine - Prevent back pain and improve posture
Precautions	- Move with a slow and controlled tempo, making a conscious effort to keep the shoulders drawn down and back throughout
Instructions	- Lie down on your stomach with your knees straight, toes in contact with the ground, elbows bent in at your sides, and thumbs pointed up - Remind yourself to keep your chin tucked, vision down, and chest up as you hold this start position - Inhale as you reach both hands overhead, keeping the elbows slightly bent at the top - Hold for a second before exhaling as you return to start position, concentrating on flexing the muscles along your back as you finish the movement - Repeat for desired number of sets and repetitions

Start and Finish



Mid Point

