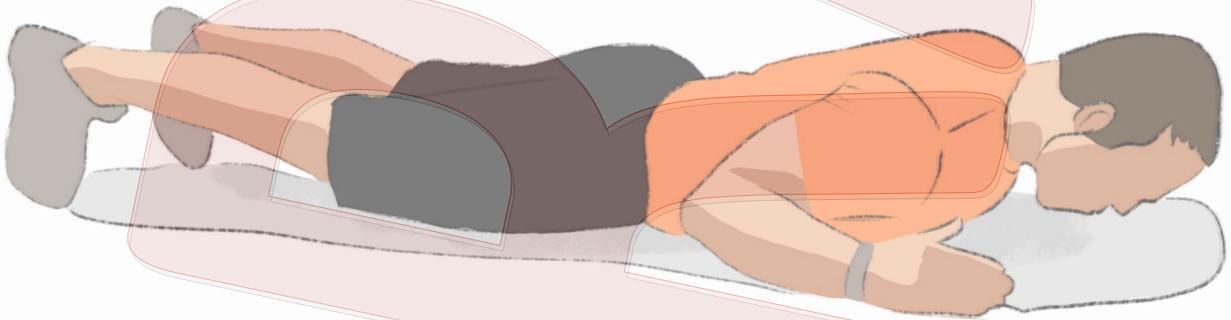


Exercise Spotlight

Superman ["W" Hold]

Muscles Worked	- Erector Spinae, Latissimus Dorsi, Glutes, Quadriceps, 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 elbows bent in at your sides and thumbs up. 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. Lastly, lift your hands off the ground, trying to depress your shoulders down and drive your elbows in to your sides - 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

