

of the Exercise of the Month

April, 2016

Superman

Purpose: To strengthen the muscles of the core

Target Muscles: Back (Erector spinae)

Assisting Muscles: Hamstrings and gluteus maximus

Equipment Needed: Mat

Start: Lie face down on a mat, with arms extended above the head. Keep the neck in line with the spine, gaze down toward the mat.

Movement Phase 1: Engage the abdominals, gluteus maximus, and quadriceps. Inhale deeply, on the exhale slowly lift the chest, arms, and legs off the floor. The position will resemble Superman flying through the sky. Hold - count one, two.

Movement Phase 2: Slowly inhale and relax the muscles of the back and lower chest, arms, and legs to the floor.

Repeat: Perform 3 sets of 10 repetitions .



Modifications:

Beginner: Perform the exercise by lifting opposite arm and leg, be sure to alternate sides. Example: lift the right arm and left leg, hold for two counts, then repeat using the left arm and right leg.

Advanced: Hold the superman position for one minute. Rest, then perform two more repetitions for a total of three minutes.



From Corporate Fitness Works Team Leader, Candace Snapp

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