

#1 SUPERMAN



▮▮ In this exercise, the aim is to be able to keep your body stable and remain in that one position. You are mainly training your core muscles of your torso.

So with this Superman exercise, you'll be getting your mid-section into shape, by first kneeling on the ground. Extend your arms with your toes, knees and hands touching the ground.

Now stretch your right leg straight backwards, keeping in line with your body. Note that at this point, you bend your foot inward as far as possible. At the same time, you are stretching out your left arm at a 90-degree angle so that only the forearm is pointing straight ahead.

Since we are here to ultimately train the torso, you of course can't forget the upper-body. Pull your shoulders as far back as they will go, opening-up your chest. When you found the correct position, keep your concentration focused while maintaining a stable position.

After you have done this, then, do the opposite side.

TRAINING: CORE
DIFFICULTY: BEGINNER



BEGINNER: 30S
INTERMEDIATE: 60S
ADVANCED: 90S

