

Superman

Type: Strength

Muscle(s) Worked: Upper back, mid back, lower back, gluteals

Equipment Needed: None

INSTRUCTIONS:

1. Lay on your stomach
2. Extend your arms above your head
3. At the same time lift both of your arms and your legs off of the ground and hold them up, so it looks like you are “flying “ like superman
4. Hold for the duration prescribed by your therapist and then relax
5. Repeat for the prescribed number of repetitions and sets.

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