



Superman Hold



Lie on your stomach

- Stretch out flat on the floor, face down.
- Place your arms straight in front of you and legs extended behind you.

2. Prepare your body

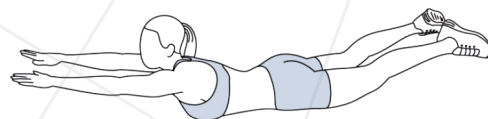
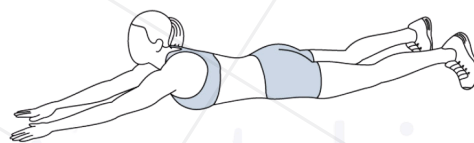
- Keep your neck in line with your spine (look down, not forward).
- Point your toes and extend your fingers forward.

3. Lift arms and legs

- At the same time, lift your arms, chest, and legs a few inches off the floor.
- Keep your arms straight and legs long.

4. Hold the position

- Squeeze your back, glutes, and core to stay lifted.
- Imagine you're flying like Superman.
- Hold for 3–5 seconds.



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