

Superman Exercises – For Postural Muscle Strength

Superman Exercise - Starting Position

Lay on the ground with your arms stretched out in a “V” position. Support your head with a small rolled up towel to maintain a neutral spine, and keep your chin slightly tucked.

You can lay on the floor or a bed. If you are on a bed, you may need a pillow under your stomach for extra support and comfort.



Superman Exercise - Arms

Raise one arm at a time while being sure to keep your chin slightly tucked and in a neutral position. Keep your shoulder blades back and down. Don't shrug.

Perform two sets of 10 repetitions, 1-2 times a day.



Superman Exercise - Legs

Raise one leg at a time while being sure to keep your abdominal muscles active. Don't arch your back. Raise your leg up 4-6 inches if you can. If you start to twist in the trunk or low back, then stop. Only raise the leg as far as you can without twisting.

Perform two sets of 10 repetitions, 1-2 times a day.



Superman Exercise - Arms and Legs (Opposite)

Raise your opposite arm and leg. Be sure to keep your abdominal muscles active. Don't arch your back. Raise your leg up 4-6 inches if you can. If you start to twist in the trunk or low back, then stop. Only raise the leg as far as you can without twisting. Be sure to keep your chin slightly tucked and in a neutral position. Keep your shoulder blades back and down. Don't shrug.

Perform two sets of 10 repetitions, 1-2 times a day.



Superman Exercise - Arms and Legs (Same Time)

Raise your arms and legs. Be sure to keep your abdominal muscles active. Don't over arch your back. Raise your legs up 4-6 inches if you can. As your head elevates, be sure to keep your chin slightly tucked and in a neutral position. Keep your shoulder blades back and down. Don't shrug. This exercise is held for 30 seconds or more. This helps develop more endurance for the posture muscles which hold you upright.

Perform one set of 5 repetitions. Hold each repetition for 30 seconds, 1-2 times a day.

