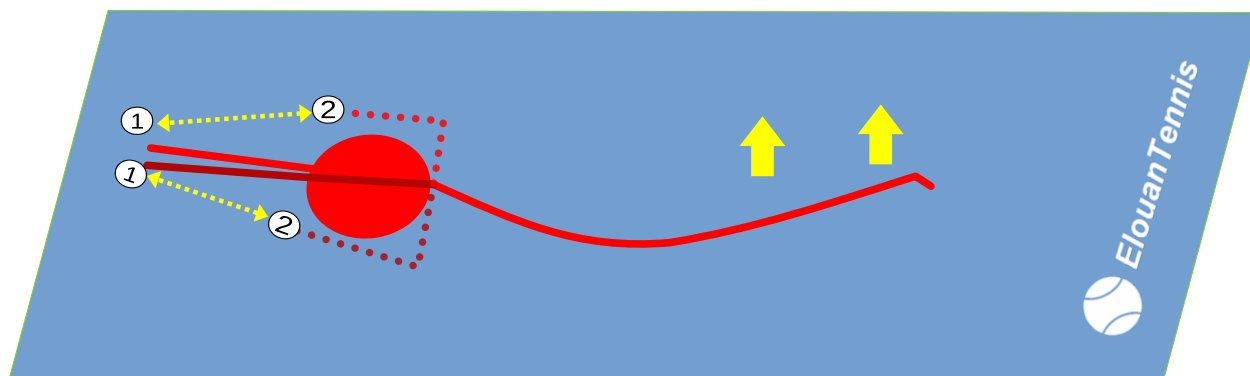


299 Physical exercise – Superman swimmer sheathing

Category(s):	Warm-up
Level:	Yellow ball – beginner, Intermediate, advance
Duration :	5-10mn
Materials:	Ball machine



Hi !

Today, we're going to try a dynamic version of the Superman sheathing, which will target your back, your abs and your shoulders.

We start lying on the ground on the ground, arms stretched in front of us and the legs straight and tight. The gaze remains directed to the ground to keep the neck well aligned.

By hiring the abs and contracting the glutes, we take off the arms, chest and legs on the ground to enter the Superman position.

From this position, we add movement: we fold our arms to bring the elbows back to the shoulders, as if we wanted to pull something towards ourselves.

Once the elbows are well aligned with the shoulders, we reach the arms forward to find the initial position. Throughout the movement, we keep the rest of the body motionless and well sheathed, avoiding releasing the abs or moving the legs.

Repeat this movement for 15 to 30 seconds. The longer you maintain the contraction in the abs and back, the more effective the exercise is.



Elouan Tennis Drill Maker (ETDM)
Software for creating & editing tennis exercises



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