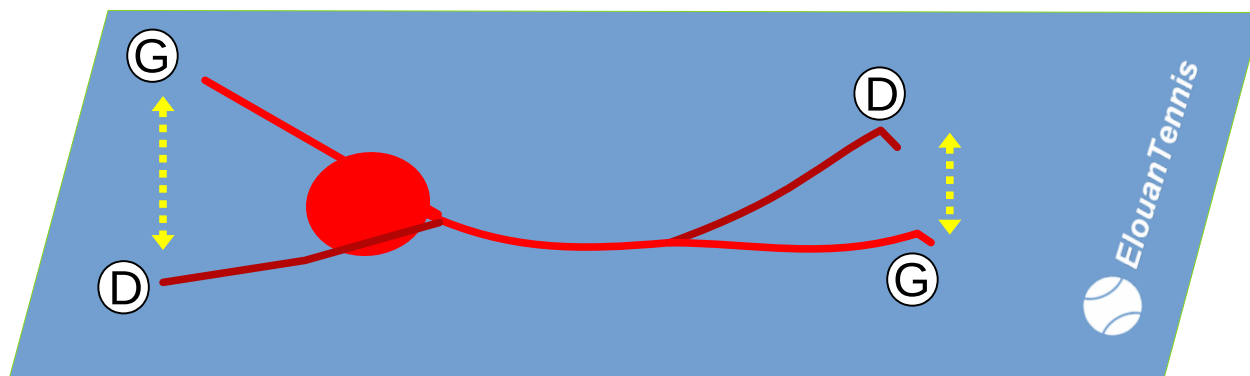


301 Physical exercise - Dynamic Superman sheathing

Category(s):	Physics
Level:	Yellow ball – beginner, Intermediate, advance
Duration :	30-40s
Materials:	Floor mat



Hi !

Today, we are going to work on a Superman sheathing exercise that will strengthen our backs, abs, glutes and improve our coordination.

We start flat on my stomach on the ground, arms stretched in front of us and the legs straight. We keep our eyes to the ground to protect the nape and engage the abs and glutes.

From this position, we lift the left arm and the right leg at the same time, keeping them well tense. This position is maintained for a second or two, feeling the work in the back and the glutes. Then, we gently descend without relaxing completely and we alternate with the right arm and the left leg.

We continue to alternate the sides fluidly for 30 to 40 seconds. The goal is to keep the rest of the body stable, without unnecessary movements, and actively engage the muscles with each lifting.

This exercise helps strengthen the whole body and work our coordination at the same time.



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



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