
Superman

Relax face down over a stability ball, core engaged and spine neutral (parallel to the floor). Position your knees on the floor and feet against the wall, spread about 1 ½ times hip width apart. Brace the abdominals and push off against the wall, using the glutes. Hands stay day down by the side, as you push through the glutes (exteinding the legs) the arms should move up parallel to your side and six inches out. (not resting on the ball), keep the shoulders down and squeeze between the shoulder blades. Reverse the movement to return to the start.

