

EXERCISES

# SPINAL CARE

# SUPERMAN EXERCISES

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## EXERCISE #1

Lay on your stomach (preferably on an exercise mat.) Lift and hold **BOTH ARMS** and **LEGS** up simultaneously for 2 seconds.

(REPEAT 10X)



## EXERCISE #2

Lay on your stomach (preferably on an exercise mat.)

Lift and hold **RIGHT ARM** and **LEFT LEG** simultaneously for 2 seconds.

(REPEAT 10X)

Lift and hold **LEFT ARM** and **RIGHT LEG** simultaneously for 2 seconds.

(REPEAT 10X)



**LEFT LEG / RIGHT ARM**



**RIGHT LEG / LEFT ARM**