

## SUPERMAN BB03

### DIRECTIONS:

Lie face down on the ground away from the anchor point and hold the rope with 2 hands in front of your head. With the pelvis serving as an anchor, relax the entire upper body. Pretend you are a flying superman looking down upon the earth while simply suspending your head and shoulders in the air. Try and feel the elongation of your spine. Relax and breathe for 1 minute.

### BENEFITS:

SUPERMAN is a form of spinal extension that develops movement through the entire vertebral column by activating each intravertebral joint. This equal distribution of force throughout the spine helps to prevent shearing forces from occurring on the lower lumbar region.

SUPERMAN opens the chest, works the back extensors and increases mobility in the spinal column.