

## Core Exercises 3

### Superman : Core Stability • Spine Support • Balance Training

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

#### Purpose:

The Superman exercise is a prone (face-down) bodyweight movement that strengthens the lumbar spine, glutes, and upper back by lifting arms and legs simultaneously. It improves postural strength by engaging the posterior chain while keeping the core engaged.

#### Starting Position:

- Lie face down on a mat with arms extended straight overhead and legs straight behind you.
- Keep your neck neutral, looking at the floor.
- Gently engage your abdominal muscles.

#### Instructions:

- Slowly lift your arms, chest, and legs a few inches off the floor.
- Keep your head and spine in a neutral position.
- Hold for 3–5 seconds while breathing normally.
- Keep your head and spine in a neutral position.
- Lower slowly back to the mat.

**10 repetitions. 1–3 x sets**

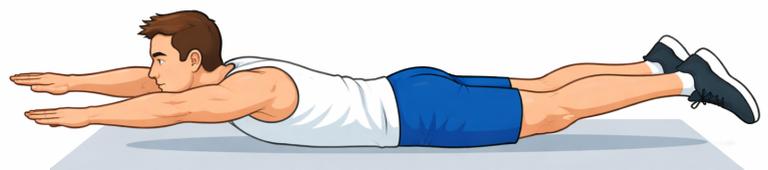
Frequency: \_\_\_\_\_ x Daily

**Modifications:** For beginners, perform the exercise by lifting only one arm and the opposite leg at a time (alternating).

**Progressions:** Make the exercise dynamic by “fluttering” or paddling with the arms / legs for the count of 10 seconds.

#### Technique Checklist:

- ✓ Lower back stays gently pressed down
- ✓ Slow, controlled movement
- ✓ Breathing steady (do not hold breath)
- ✓ Neck and shoulders relaxed
- ✓ Core gently engaged throughout



#### STOP IF YOU FEEL

- ✗ Sharp or worsening pain
- ✗ Neck strain
- ✗ Increased back discomfort