Title: Supermans / Extended Arms & Legs Lifts

Primary Muscle Groups: Lower Back

Secondary Muscle Groups: Abs

Summary: <ol>

<li>Lie face down on a mat, with your arms fully extended above your head and your legs fully extended behind you.</li>

<li>Lift your chest, arms and legs off the floor by arching your back. Only the tops of your quads and your lower abdomen should be in contact with the floor.</li>

<li>Hold for a count of 2 while squeezing your abdominals and obliques.</li>

<li>Return to the starting position for a count of one, then repeat.</li>

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