**Superman Back Extension**

**Equipment**: Yoga Mat

* Do the poses only as far as your body feels comfortable — never force or overstretch.
* Breathe normally, stop if you feel pain, dizziness, or strain.

**Instructions:**

1. Lie face down on the Mat with your arms extended straight in front of you and your legs extended straight behind you.
2. While inhaling, lift both your arms and legs off the ground simultaneously, engaging your back muscles, and hold this position for a count of 2.
3. Exhale as you lower your arms and legs back to the starting position. Repeat for the desired number of repetitions.

**Key Tips:**

* Engage Your Core: Keep your core muscles engaged throughout the exercise to stabilize your spine and enhance effectiveness.
* Breathe Properly: Inhale deeply as you lift your limbs and exhale as you lower them to maintain a steady rhythm and improve oxygen flow.
* Avoid Overextension: Lift only as high as comfortable, ensuring your lower back doesn't overarch, to prevent strain or injury.