

## **Muscle Strengthening at Home (Superman)**

**(Dave Patania)**

It's a bird, it's a plane, it's – yes, Superman! Or at least what is called “the Superman”. This activity really works your back muscles.

Lying on the floor face-down, extend your arms straight over your head.

Now, lift your right arm and your left leg up off of the floor at the same time, keeping your head, neck, and back in a straight line. Be sure your ankles are bent, not pointed.

Hold that position for 2 to 4 seconds before lowering your arm and leg back to the floor.

Alternate, by lifting your left arm and your right leg.

Now, if you really want to make it a superhero activity, lift all four of your arms and legs up off of the floor at the same time. Hold this for 2 to 4 seconds and then lower yourself back down to the floor.

You'll make those back muscles stronger in no time. Do, 1 set at least 2 times per week.