

# Superman Extended

**Why we do it:**

Balance and core strength.

**Functional Benefit:**

Stability



Start in a kneeling position, hands, knees and feet shoulder width apart. Get ready to do 2 things at once.



Extend left leg back at hip height.

Extend right arm forward at shoulder height.

Hold the position.



Bend left knee across buttocks and grab with right hand.

Come back to the centre and repeat on the opposite side.