

ALTERNATING SUPERMEN/SUPERWOMEN



Lie face down on the ground with arms extended above your head. At the same time, raise one arm and the opposite leg off the ground as high as possible and hold the position for 2 seconds. Focus on squeezing your lower back muscles. Your legs should stay straight and quadriceps should come off the ground. Return to the start position under control and then perform the next repetition with the other arm and leg.