

Upper Back workout with Sam Rodman from Cornish Pirates RFC



Reverse Snow Angel



Explanation

| Starting position | Performing the movement | Finishing the movement |
|---|--|--|
| <p>Lie face down on the floor</p> <p>Have your arms outstretched in front of you</p> <p>Your head an inch off the floor</p> | <p>Keep your arms straight</p> <p>Hands off the floor</p> <p>Bring your hands down so they touch your hips, as if doing a snow angel but on your front. This movement should take roughly 5 seconds, it needs to be nice and controlled.</p> | <p>Once your hands have reached your hips return them to the start position in a nice controlled manner as if making the snow angel again. This whole movement is one repetition</p> |

Sam's advice would be to complete the suggested repetitions below in line with your fitness level and how you feel.

Make sure you rest for 1 minute to 90 seconds between each set of exercises.

Beginners – 8 Repetitions for 3 Sets
Intermediate – 12 Repetitions for 3 Sets
Expert – 20 Repetitions for 3 Sets

