

Upper Back workout with Sam Rodman from Cornish Pirates RFC



Superman's



Explanation

Starting position	Performing the movement	Finishing the movement
<p>Lie face down on the floor</p> <p>Have your arms outstretched shoulder width apart</p> <p>Your legs need to be straight</p>	<p>Raise your arms and legs 6 inches</p> <p>Your head will lift slightly, just look straight ahead.</p> <p>Hold in that raised position for two seconds</p> <p>Keep your arms and legs straight through the whole movement</p>	<p>Slowly lower your arms and legs back to the start position</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 – 5 Repetitions for 3 Sets
Intermediate – 10 Repetitions for 3 Sets
Expert – 15 Repetitions for 3 Sets

