



Monthly Health Challenge: Superman Challenge



Would you like to strengthen your back, glutes, and shoulder muscles? Well you can begin with the superman health challenge. The superman exercise is a great way to build and strengthen the hard to reach back muscles. Regular performance of the superman can help increase strength and avoid back pain and tension.

How to perform the perfect superman:

1. Lie face down with your chin in the ground and eyes at a neutral gaze. Your ankles should be touching with toes pointed under you
2. Reach your arms straight out above your shoulders so your palms are resting flat on the floor.
3. Engage your back, glutes and shoulders to pull yourself a few inches off the ground
4. Your arms and legs should remain fully contracted so that your hands and feet are elevated to the same relative height at the top of the static hold position.
5. Hold this position while fully engaging your body to “fly” like the man of steel.
6. Take 30 second rests in between every 5 reps



*For beginners, follow the Easy Track (E), but if you’re looking for a more difficult track, follow the Challenging Track (C)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (E) 5 (C) 5	2 (E) 7 (C) 8	3 (E) 8 (C) 10	4 (E) 9 (C) 12	5 (E) 10 (C) 14	6 Rest Day	7 (E) 10 (C) 14
8 (E) 11 (C) 16	9 (E) 12 (C) 18	10 (E) 12 (C) 18	11 (E) 14 (C) 20	12 Rest Day	13 (E) 14 (C) 20	14 (E) 15 (C) 21
15 (E) 16 (C) 22	16 (E) 16 (C) 22	17 (E) 17 (C) 23	18 Rest Day	19 (E) 17 (C) 23	20 (E) 18 (C) 24	21 (E) 19 (C) 25
22 (E) 20 (C) 26	23 (E) 21 (C) 27	24 Rest Day	25 (E) 21 (C) 27	26 (E) 22 (C) 28	27 (E) 23 (C) 29	28 (E) 23 (C) 29
29 (E) 24 (C) 30	30 Rest Day	31 (E) 24 (C) 30				

Source: <http://dailyburn.com/life/fitness/no-equipment-back-exercises/>