

Exercise of the Month



Superman Angels

Purpose: Increase upper back mobility and strength as well as erector strength

Target Muscles: Shoulders, back, and erector muscles

Equipment Needed: None

Movement:

- Point your toes away from your body and fully extend your arms over your head, positioning your palms facing inwards. Brace your abdominal muscles by exhaling to stabilize your pelvis.
- Gently exhale and slowly lift your arms off the floor facing your palms inward. Generate most of your lift through your shoulders and not the low back, although some low back extension (arching) is acceptable. Keep your arms straight and open your arms in an arcing motion till your hands are at your sides.
- Be sure to keep your thumbs pointed to the ceiling throughout the movement. Reverse the movement and return your hands to being over your head.

Benefits: The erectors are one of the main muscles in your back that influence posture. The muscles of the scapula are also being targeted as they are the muscles stabilizing components of the shoulder. This exercise helps increase the strength and mobility of the shoulder.



▶ [Click here](#) for video demo.