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# SUPERMAN

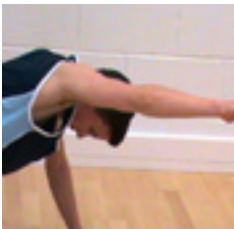
## DIRECTIONS

- Start on all fours with knees at 90 degrees under the hips and hands under shoulders.
- Raise opposite hands and foot, attempting to keep the body in a straight line.
- Perform five repetitions by returning hands and foot to starting position and change sides.



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**DATE OF SESSION:**



HEAD						
✓	5	4	3	2	1	X
	Head stays neutral, looking down					Head moves up or down during movement



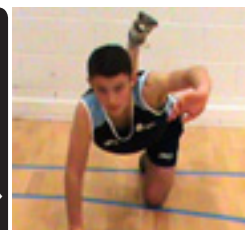
ARM						
✓	5	4	3	2	1	X
	Arm stays straight, aligned at shoulder height					Arm bends, does not reach shoulder height



LEG						
✓	5	4	3	2	1	X
	Leg held out straight and foot reaches hip height					Leg bends and foot not level with hips



HIPS AND SHOULDERS						
✓	5	4	3	2	1	X
	Hips and shoulders remain level with no rotation					Hips and shoulders drop or excessively rotate



CONTROL						
✓	5	4	3	2	1	X
	Movement is smooth, arms and legs raised at same time					Movement is uncontrolled, arms and legs raised at different times

