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Superman workout

Exercise is essential for maintaining a healthy body at any and every age.

Weight bearing exercises strengthen bones and muscles by using bodyweight as resistance against gravity. Stronger, denser bones not only provide strength, balance, and overall support for our bodies, but decrease the risk of fractures and falls as we age.

Following a 5 minute warm-up, complete 1 minute of each of the 5 exercises (45 seconds exercise plus a 15 second rest). Rest for 1 minute then repeat the sequence 1 to 2 more times. Perform a 5 minute cool down stretch following the workout. Take rest as needed and drink plenty of water throughout! The workout will take 25-30 minutes.

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#1 *It's a bird! It's a plane! It's a bird dog plank!*

- Begin in a high plank position supporting your weight between extended arms and toes
- Maintaining a flat back and engaging core, slowly extend the right arm and the left leg, holding for 1-2 sec before lowering
- Switch sides and repeat
- Continue switching sides for the set amount of time
- **Modify** by extending either the arm or leg, not both

#2 *Superman Squat & Press*

- Begin standing with weights at shoulders
- Leading with seat, lower into a squat engaging the core
- Return to standing while pressing weights over head
- Repeat squat while lowering weights to shoulders
- Repeat sequence for set amount of time
- **Modify** by performing shoulder press with every other squat

#3 *Stealth Side Skater Touch*

- Keeping abs tight, jump to the side on one foot, touching opposite foot behind you and reach for your landing foot with the opposite hand
- Stick your seat out and keep back straight while reaching to touch the foot
- Repeat by jumping to the other side
- Continue quickly jumping side to side, touching landing foot with opposite hand
- **Modify** by stepping (not jumping) from side to side and swing your arms across your body with each step

#4 *Walk up the Wall Push-Up*

- Begin in standing position
- Bend and place hands on the ground
- Walk hands out to push-up position
- Perform 5 push-ups, walk hands back and return to standing
- Repeat sequence for set amount of time
- **Modify** by dropping knees to perform push-ups

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#5 *Hot Pursuit Running Step-Ups*

- Stand in front of a step
- Step up onto first step leading with right foot, then step down tapping left foot on ground
- Step up again leading with left foot
- Continue stepping as fast as you can, alternating lead foot for the set amount of time
- **Modify** by slowing your pace

#6 *Villain Dip and Kick*

- Firmly place your hands shoulder-width on a bench or chair, fingers pointing in the same direction as you are facing
- Walk your legs out in front of you and slide your bottom off the seat
- Slowly bend your elbows, lowering your body toward the ground
- Press your hands into the bench/chair to straighten your elbows, returning to start
- Lift your right leg off the ground and kick the air in front of you, bracing yourself with the left leg, arms, and an engaged core
- Lower the right leg, perform another dip, then kick the air with the left leg
- Continue the exercise for the set amount of time
- **Modify** by bending knees

Perform a 5 minute cool-down