



## Superman

### Purpose:

Strengthen mid and upper back, shoulder blade muscles, and improve scapula-humeral control.

### Benefit:

Improve balance and proper posture throughout the swing.

### Instructions:

Lay on Swiss ball with stomach flat and slight pelvic tilt. Squeeze shoulder blades back, keeping arms in plane with body. Slowly move arms out away from body, while keeping the shoulder blade squeezed together. Hold at farthest point 2-3 seconds before returning to original position. Repeat process. To increase intensity and resistance move further out over the ball with the knees off the floor.

### Quantity:

Reps \_\_\_\_\_ sets \_\_\_\_\_

