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INSTRUCTIONS

SUPERMAN LAT PULLDOWN

CATEGORIES: Strength

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/superman-lat-pulldown/>

Back

Shoulders

Upper Body



STEPS:

- Lying on your stomach, extend your arms straight above your head.
- Drawing your hips down to the ground, lift your feet and chest towards the ceiling.
- Pull your elbows down toward your sides, squeezing the back muscles.
- Extend your arms back straight in front of you.
- Lower your body down to the floor.

Repeat 10 times.

[+] Add a band around your palms

[+] Add a band around your ankles