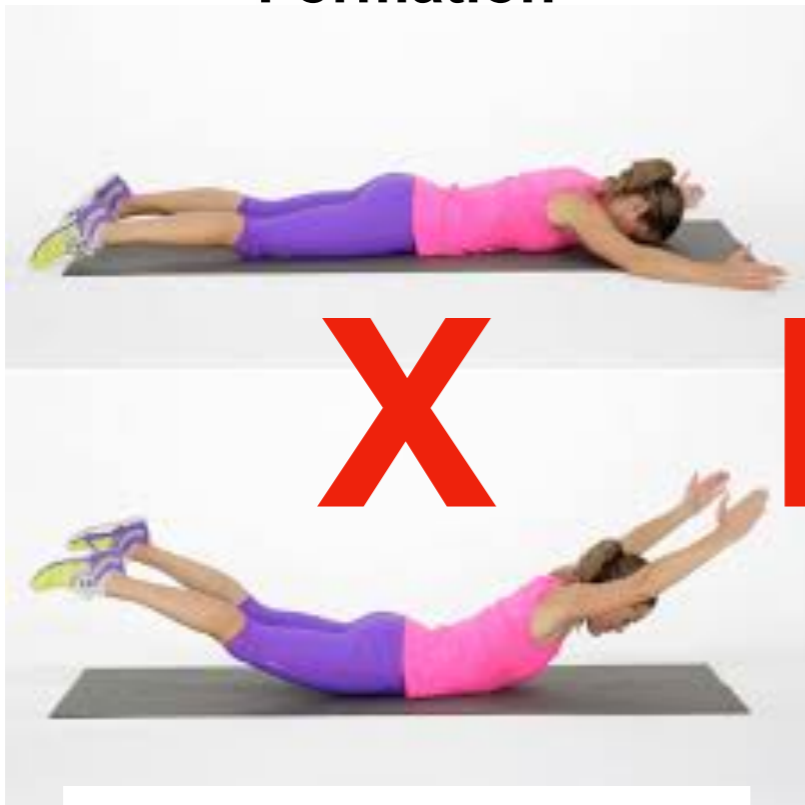


DON'T DO THAT
EXERCISE AND TRAINING
TECHNIQUES THAT YOU
SHOULD NOT DO

Do Not Do the Superman

There are safer alternatives. Try the Cobra,
Cat Cow, and BirdDog. Prone Scapular
(Shoulder) Stabilization Series - I, Y, T, W, O
Formation



X No



Yes



This exercise causes too much compressive load on the back. It places back into hyperextension. YOU CAN DO HALF VERSIONS WHERE YOU RAISE YOUR ARMS UP OR LEGS UP BUT NOT AT THE SAME TIME.

READ ON FOR DETAILS:: This is a very popular exercise subscribed by many “rehab” clinics worldwide ESPECIALLY for back patients. But according research at University of Waterloo, this exercise will exert approximately 6000 Newton worth of force on a hyper flexed lumbar spine. i.e. a horrible exercise for those already with compromised back. It’s true that those with spine injuries (facet joint irritation, end plate fracture, disc bulge etc) could do better with better back muscle endurance. But there are better exercises out there with less risk.