

SUPERMAN / BANANA

THIS EXERCISE SPECIFICALLY TARGETS THE PRIMITIVE REFLEX TLR (TONIC LABYRINTHINE REFLEX).



HOW TO:

- Begin with Superman:
 - Lay on stomach.
 - Extend both arms and legs.
 - Simultaneously lift both arms and both legs off the ground, maintaining extension (straight).
 - Ensure that head is also up, off of the ground.
 - Hold for 10-15 seconds (or longer if able).
- Next, roll over into Banana:
 - Lay on back.
 - Simultaneously lift both arms, both legs, and head up off the ground.
 - Tips: tuck chin to chest ("look at your belly button"); reach hands to ceiling; attempt for straight legs however can bend knees to make it easier.
 - Hold for 10-15 seconds (or longer if able).
- That is 1 rep.
- Continue "switching" for a total of 10 reps.
- Complete twice a day.