

SUPERMAN POSE



**Inhale with your arms
down at your sides, with
your hands in fists.**

**Exhale and bring them
out in front of you as if
you were flying.**

SUPERMAN POSE



Inhale with your arms down at your sides, with your hands in fists. Exhale and bring them out in front of you as if you were flying.

SUPERMAN POSE



Inhale with your arms down at your sides, with your hands in fists. Exhale and bring them out in front of you as if you were flying.

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Inhale with your arms down at your sides, with your hands in fists. Exhale and bring them out in front of you as if you were flying.

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Inhale with your arms down at your sides, with your hands in fists. Exhale and bring them out in front of you as if you were flying.