

# Dead Bug



Figure A

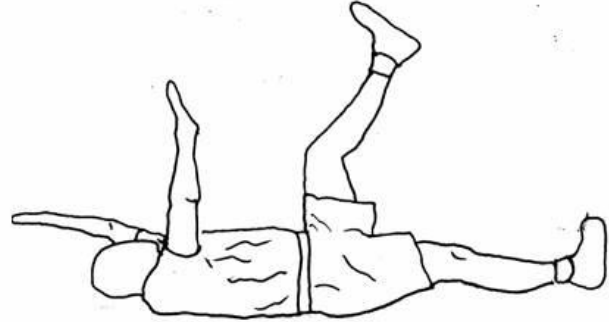


Figure B

- Lie flat on your back with your arms and legs straight up toward the ceiling (Figure A).
- Keep your back as flat as possible against the floor.
- Slowly lower your LEFT ARM and RIGHT LEG toward the floor (Figure B).
- Return to the Figure A position.
- Slowly lower your RIGHT ARM and LEFT LEG toward the ground.
- Repeat this exercise 10 times on each side

Perform 10 repetitions for 2 sets 3 times per week

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