

Dead Bug

- 1) Lie down flat on your back with both arms pointing straight up toward the ceiling and both knees bent at a 90-degree angle (feet off the floor).
- 2) “Engage your core” (i.e. suck your stomach in, pulling your navel tight to your spine) and press your lower back firmly into the floor.
- 3) Keeping your stomach tight and your lower back firmly pressed to the floor, lower your right arm and your left leg toward the floor.
- 4) When you reach a comfortably extended position, pause, and then return to the start position.
- 5) Complete 5 to 10 repetitions and then repeat on the other side (left arm/ right leg).



Rotation Plank

- 1) Start in pushup position with your “core engaged”.
- 2) Rotate your torso, reaching toward the ceiling with your right hand.
- 3) Pause at full extension making sure your core is “engaged” and your shoulder blades are pinched together.
- 4) Return to the start position, then repeat.
- 5) Complete 3 to 10 repetitions and then repeat on the opposite side (left arm).

