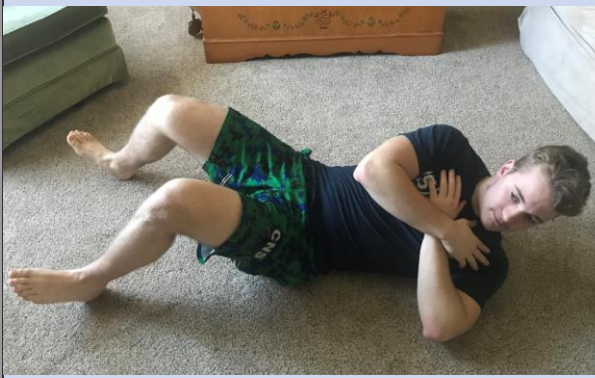


## Strength Combo #2 - Twisting Crunch/Bird Dog



### 1) Twisting Crunch

- Lay on your back and "engage your core" (pull your belly button tight to your spine).
- Place hands behind your head or across your chest.
- Gently roll your upper torso forward (breathing out in the process) then rotate your shoulder toward your opposite hip.
- Pause and return to the start position.
- Repeat for 10+ repetitions; do 1-3 sets.



### 2) Bird Dog

- Start on your hands and knees and "engage your core".
- Slowly lift your right arm, reaching as far out as possible while simultaneously lifting and extending your left leg.
- Reach as far forward with your fingers as possible and push the heel of your foot as far back as possible. Reach long, not high.
- Pause and return to the start position.
- Complete 5-10 repetitions, then repeat on the opposite side; do 1-3 sets.