

STEP 1



STEP 2



### Bird Dog

**SETS: 3 | REPS: 10 | HOLD: 5**

#### Setup

Begin on all fours, with your arms positioned directly under your shoulders.

#### Movement

Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

#### Tip

Make sure to keep your abdominals tight and hips level during the exercise.

STEP 1



STEP 2



### Quadruped Fire Hydrant

**REPS: 10 | SETS: 3 | HOLD: 5**

#### Setup

Begin on all fours with your hands under your shoulders and your knees under your hips.

#### Movement

Lift your leg out to your side, keeping your knee bent, then return to the starting position and repeat.

#### Tip

Make sure to engage your core and do not let your hips rotate or drop to either side.

STEP 1



STEP 2



STEP 3



### Quadruped Alternating Arm Lift

**SETS: 3 | REPS: 10 | HOLD: 5**

#### Setup

Begin on all fours with your arms under your shoulders and knees under your hips.

#### Movement

Raise one arm forward with your thumb pointing toward the ceiling. Hold briefly, then lower it back to the starting position and repeat with your opposite arm.

#### Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise. Do not let your trunk rotate while moving your arm.

STEP 1



STEP 2



### Quadruped Alternating Leg Extensions

**SETS: 10 | REPS: 3 | HOLD: 5**

#### Setup

Begin on all fours with your arms under your shoulders and knees under your hips.

#### Movement

Extend your leg straight back so that it is parallel with the ground and your toes are pointing toward the floor. Hold briefly, then return to the starting position and repeat with the opposite leg.

#### Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise. Do not let your trunk rotate while moving your leg.

STEP 1



STEP 2



### Supine Bridge with Gluteal Set and Spinal Articulation

**SETS: 3 | REPS: 6 | HOLD: 8**

#### Setup

Begin lying on your back with your knees bent and heels on the floor.

#### Movement

Tighten your buttock muscles, then slowly lift your hips off the ground into a bridge position, concentrating on lifting one vertebra off the ground at a time. Then reverse the movement to lower yourself back down, one vertebra at a time.

#### Tip

Make sure to keep your movements slow and controlled. Keep your abdominals tight as you move into the bridge.

STEP 1



STEP 2



### Quadruped Abdominal Curls

**SETS: 3 | REPS: 12**

**Setup**

Begin on all fours.

**Movement**

Straighten one arm and your opposite leg at the same time, then bring your elbow and knee to touch, curling your trunk. Repeat this movement.

**Tip**

Make sure to engage your abdominals as you curl your arm and leg inward.

STEP 1



STEP 2



### Reverse Plank on Elbows

**SETS: 3 | REPS: 1 | HOLD: 15**

**Setup**

Begin lying on your back, propped on your elbows, with your legs straight forward.

**Movement**

Tighten your abdominals and lift your hips up into a plank position. Hold, then relax and repeat.

**Tip**

Make sure to keep your elbows directly under your shoulders and maintain a gentle chin tuck. Do not arch your back or shrug your shoulders during the exercise.

STEP 1



STEP 2



STEP 3



### Dead Bug

**SETS: 3 | REPS: 8**

**Setup**

Begin lying on your back with your legs bent.

**Movement**

Lift your legs and arms off the ground, keeping your knees bent. Lower one arm to the ground and lower your opposite leg at the same time. Repeat with your opposite arm and leg, then continue this movement.

**Tip**

Make sure to keep your abdominals stiff as you lower your arm and leg, and do not let your low back arch off the ground.