

# Abdominal Hollowing Quadruped



- Assume a position on the ground, on your hands and knees with your elbows extended.
- Perform abdominal hollowing while keeping your back flat.
- While maintaining the abdominal hollowing maneuver, let your head relax and push your mid back up toward the ceiling.
  - o It should feel like you are pushing your spine between your shoulder blades.
- Hold the stretch for a count of 3.
- Relax and repeat 5 times.
- Perform 2-3 sets or as directed.