

Dead Bug



- Don't feel bad, it was a mean bug. It tried to bite the dog. Good riddance. Anyway...
- Lie on your back with your knees bent and your arms straight up toward the ceiling.
- Slowly raise one leg off the ground and lower one arm to the floor behind you.
 - If you have shoulder problems or find it uncomfortable to raise your arms over your head just lower the arm along your side.
 - You can either lower the arm on the same side as the raised knee or the opposite arm. It would be a good idea to do a set raising the leg on the same side as the arm still in the air and then do a set doing the opposite.
- Each rep should be done slowly, do 5-10 reps per set and do 3 sets.