

## Level Two: Bird Dog (Supermans)

The bird dog is a progression as we now have to work against gravity in order to keep the spine and abdominals tight. We are also adding additional movements away from the centre of gravity, meaning the body is more unstable.

### Teaching Points

- Kneel with hands placed shoulder width apart and directly below the shoulders
- Engage the core, first start by lifting one hand and the opposite knee to practice balance
- When comfortable balancing, lift one hand pointing straight out in-front and extend the opposite leg to the rear
- Hold for a few seconds and then return to the start, repeating on the other side



### Target Muscles

**Primary Muscles:** rectus abdominus, erector spinae, gluteus maximus, latissimus dorsi

**Secondary Muscles:** trapezius, rotator cuffs, quadriceps, hamstrings, gluteus min / medius

**Look out for:** tilt in the pelvis to the left / right, tilt in the shoulders left / right, head not in line with the spine,

