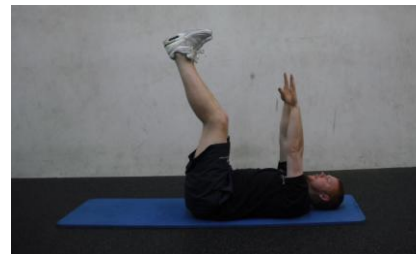

Level Seven: Dead Bug

Progression due to the core rotational pull of opposite arm to leg

Teaching Points

- Lying on your back, knees bent at 90 degrees, arms positioned directly above your shoulders
- Core engaged, back neutral (no arching)
- Under control lower the right arm backwards (keeping it straight) and extend the left leg, until it is extended fully and about 2 inches above the floor
- Maintain neutral spine, bring back to the start position
- Repeat with the other side
- Resist the temptation to use the arms to propel the body upwards
- Under control lower back to the start



Target Muscles

Primary Muscles: rectus abdominus, transverse abdominus

Secondary Muscles: Hip flexors

Look out for: back arching, not full extension of the leg, hip hiking, shoulders lifting up off the floor