

Bird Dog



Instructions

1. Start in 4-point stance with hands under shoulders and knees under hips.
2. Relax and focus on belly breathing.
3. Exhale part way and “lock” core.
4. Simultaneously, extend opposite arm and leg and focus on reaching for the wall. Hold for 3 seconds then slowly return to 4-point stance.
 - » Be mindful to maintain level shoulders and hips throughout the motion.

Sets:

Repetitions:

Frequency: