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# INSTRUCTIONS

## DEAD BUG

**CATEGORIES:** Balance, Power, Strength, Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/dead-bug/>

Abs

Acrobatics

Core

Extension

Hip Flexors

Knee Strength

Quadriceps

Turn Out



### Steps::

- Begin laying on your back with hands gently pressing rib cage down and knees tucked in toward chest.
- Leaving rib cage down and low back glued to the floor, extend one leg out about 3 inches from the floor
- Extend the opposite arm above your head toward the back wall
- With the other hand, press against the thigh of the bent leg.
- Hold for a breath.
- Switch legs and hands.

Repetitions:

Repeat 8 times on each leg