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INSTRUCTIONS

ADVANCED BIRD DOG

CATEGORIES: Balance, Warm Up

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/advanced-bird-dog/>

Abs

Back

Core

Turns



STEPS:

- Starting in table top on a bosu ball, extend one arm out shoulder height in front of you and slowly lift your opposite leg hip distance behind you.
- Return to table and repeat on the opposite side.

Repeat 10 times on each side.

[-] Remove the bosu ball