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INSTRUCTIONS

BANDED DEAD BUG

CATEGORIES: Strength

LEVEL: Intermediate

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

Abs

Core

Hip Flexors

Lower Body



STEPS:

- Start lying on your back with a band around the arches of your feet.
- Bring your knees into your chest creating a 90 degree angle in your knees and hips.
- Keeping your low back on the floor, slowly extend one leg straight out 2-6 inches above the ground, keeping the other leg in a 90 degree angle.
- Return your extended leg back to start.
- Alternate sides.

Repeat 16 - 20 times total.

[-] Remove the band

[+] Keep your dancers legs higher as they extend if their low back is arching off the floor