



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