

Bird Dog

Begin on the floor with hands directly below shoulders, and knees directly below hips. Toes should be pointed toward the floor. Raise your left arm straight out ahead of you, at the same time extend your right leg straight back as if you were kicking something behind you. Remember to continue breathing. Hold for 10 seconds (2 deep breaths), then switch sides.

Frequency: 3 sets, daily. Increase by 1 set weekly, as tolerated.

Modified Version: Just take one arm and stretch forward. Or Stretch one leg back and just barely raise opposite hand off floor.

