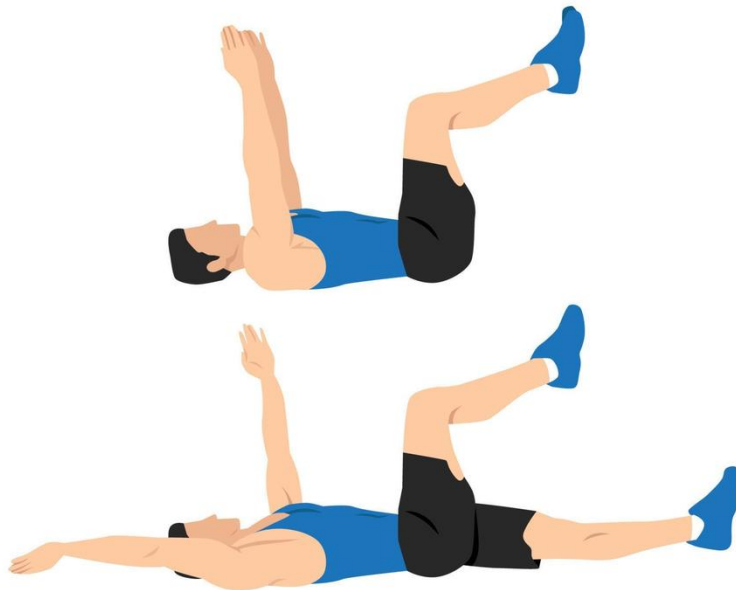


Dead Bug



Instructions:

1. Lie on your back and extend your arms and legs toward the ceiling.
2. Lower your right leg and extend your left arm behind your head.
3. Return to the starting position and repeat with the opposite arm and leg.
4. Keep switching sides until the set is complete.

Proper Form and Breathing Pattern:

- When doing the dead bug exercise keep your lower back flat against the floor, to avoid placing too much stress on it, and keep your abdominal muscles tight. Breathe out as you lower your leg and extend your arm, and hold them parallel to the floor. Breathe in as you return to the starting position and then switch sides.
- GOAL: 3 sets of 10 reps (each leg 10 times)