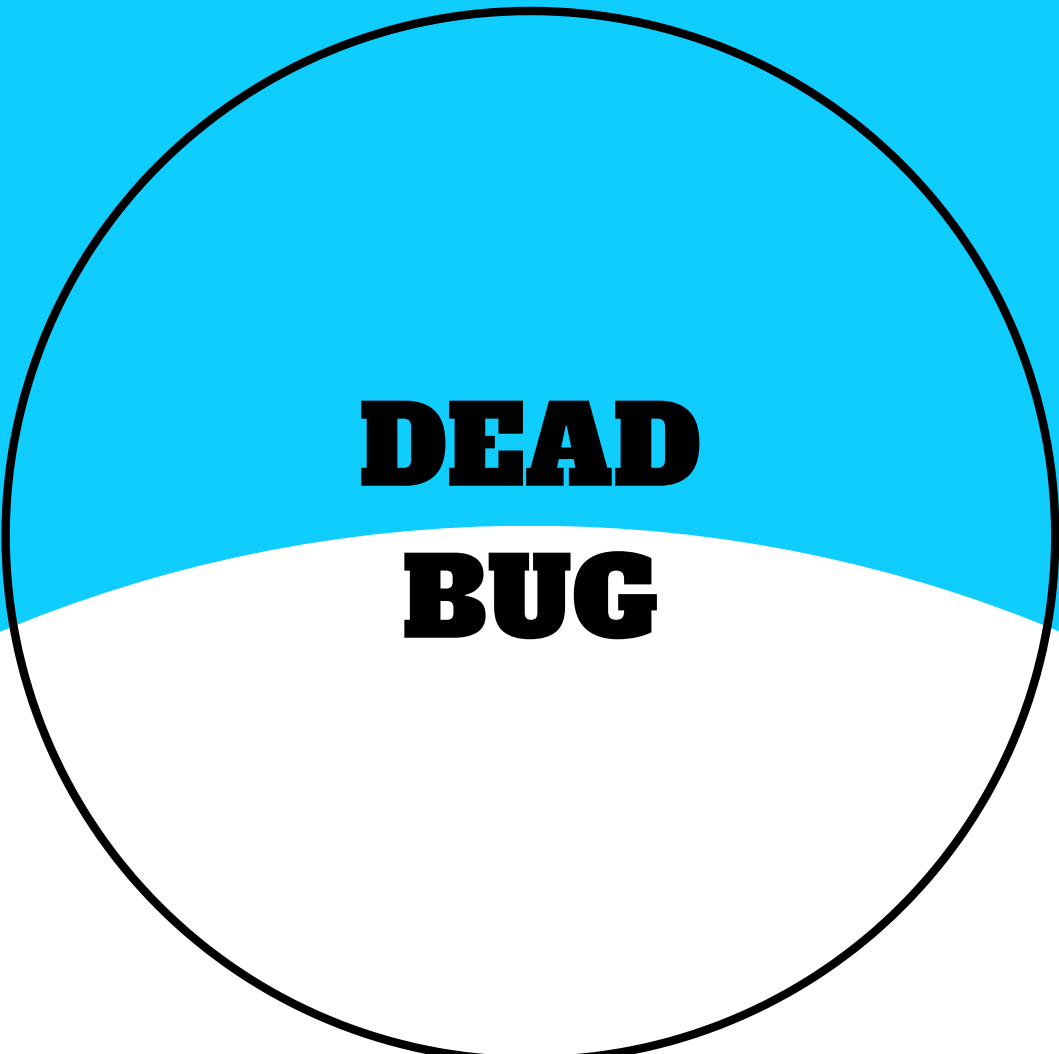




DEAD BUG

10S RESET IN BETWEEN MOVES

8 DEEP ZIP UP BREATHS

16 ALTERNATING DEAD BUGS

12 RIGHT SIDE IPSILATERAL DEAD BUGS

20S RIGHT SIDE ISO HOLD IN BUG POSITION

12 LEFT SIDE IPSILATERAL DEAD BUGS

20S LEFT SIDE ISO HOLD IN BUG POSITION

16 ALTERNATING DEAD BUGS

REPEAT THIS SET 3X EVERYDAY!

1-3 LB WEIGHTS OR BODYWEIGHT



DEAD BUG

HOW TO BE A BUG PROPERLY

- LAY ON YOUR BACK, FEET OUT AS FAR AS COMFORTABLE, BUT IDEALLY YOU CAN TOUCH YOUR HEELS WITH YOUR HANDS
- TUCK YOUR HIPS UNDER AND ENGAGE YOUR GLUTES AND CORE SO YOUR BACK IS FLAT. MAKE SURE YOUR ABDOMEN IS NOT DOMING (ROUNDING/PROTRUDING) IF YOU ARE, YOU DID NOT ZIP UP AND ENGAGE YOUR CORE.
- ZIP UP BREATHS HELP WITH FORM. TAKE A BIG INHALE THROUGH NOSE, EXHALE THROUGH MOUTH AND PULL YOUR ABDOMINALS AND RIBS IN (THINK SOMEONE IS BEHIND YOU PULLING A STRING FROM YOUR BELLY BUTTON)
- KEEP YOUR FORM INTACT AND START YOUR REPS. ONLY RELEASE YOUR LEG DOWN AS FAR AS YOUR FORM WILL ALLOW.
- I RECOMMEND KEEPING YOUR HEAD ON THE FLOOR, BUT MORE ADVANCED MEMBERS CAN LIFT THEIR HEAD.
- AS YOU EXTEND- BIG INHALE, AS YOU CONTRACT- BIG EXHALE
- IF YOUR FORM FALTERS, JUST RE-SET AND YOU ARE GOOD TO GO