

Dead Bug



Description: Lie on your back with your arms extended towards the ceiling and bend your hips and knees to a 90-degree angle. Tighten your abs and press your lower back into the floor. Take a deep breath in. As you exhale, slowly extend your left leg toward the floor and bring your right arm overhead. Keep your abs tight and don't let your lower back arch. Slowly return your arm and leg to the starting position.

Repeat with your opposite arm and leg. Continue alternating.

Sets/reps: 2-3 sets of 5-10 reps/side.

Modifications: Complete the exercise without the stability ball, or by moving only one limb at a time and keeping 3 points of contact on the stability ball.

Common Mistakes: Touching hands and feet on the ground, allowing low back to raise off the ground into an arch – Be sure to contract your abdominals throughout the entire exercise.

Target Muscles: Abdominals, Obliques.

****Tip:** Contract your abdominals and press your lower back into the ground to prevent lower back arching.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

