

Active Health Solutions

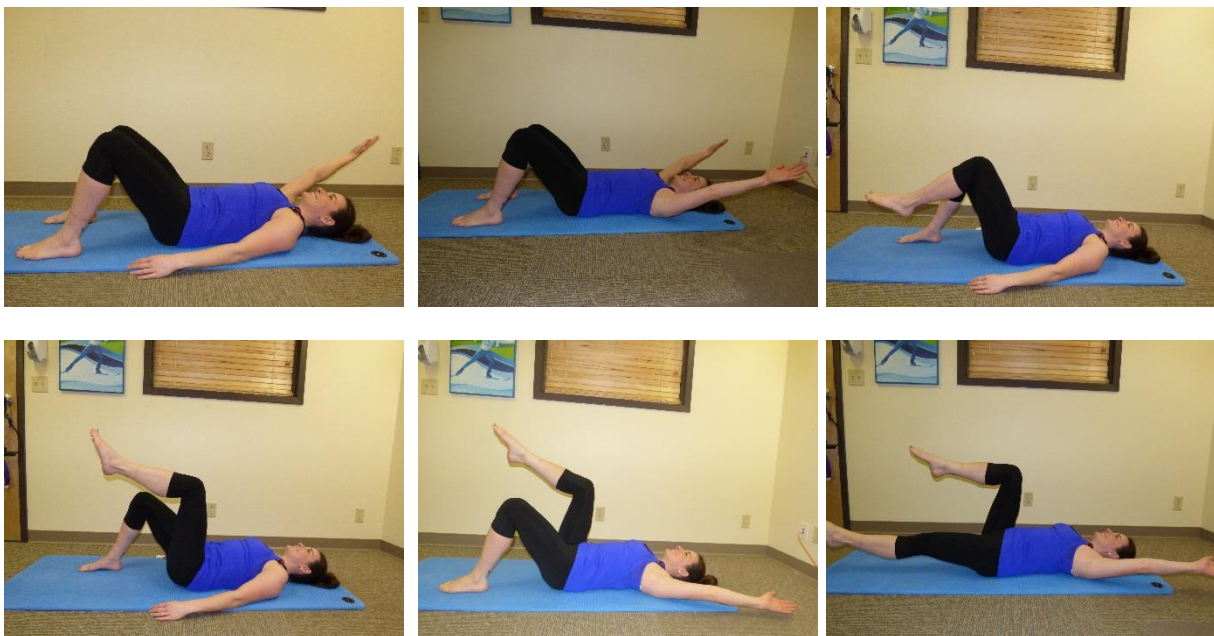
Lumbar Stabilization: Dead Bug Track Abdominals



Make sure you...

- Maintain neutral pelvis.
- Maintain abdominal bracing/kegel.
- BREATHE.
- Drop down to an easier step if you cannot maintain proper form.
- Do the exercise slowly.
- STOP if pain is aggravated, but muscle burn is OK.

	Repetitions
	Sets
	Second Hold
	Times per day/week



1. Lying on back, knees bent, raise one arm at a time overhead.
2. Raise both arms over head.
3. Raise one foot a few inches off the floor at a time, switching to the other foot as if "marching."
4. Bring one knee to chest at a time.
5. Bring one knee at a time while raising the opposite arm, return foot and arm to the floor.
6. Perform alternating kicks unsupported. The lower the legs and further the leg is extended, the harder the exercise.
7. Dead bug. Work up to 2 minutes.
8. Add 2-5 lb ankle weights and 2 lb wrist weights. Work up to 2 minutes.