



Bird Dog – Intermediate



Starting position

On your hands and knees. Warm up with 6 Cat Camel repetitions. Position your back into a comfortable neutral position. Brace abdominals.

Action

Lift Right arm and Left leg together. Hold 6 seconds. Relax. Rebrace.

Lift Right leg and Left arm together. Hold 6 seconds. Relax.

DO NOT allow spine to twist / arch or sink when moving limbs. Brace and keep it still.

Repeat 5 times each arm / leg combination

Rest

Repeat 4 times each arm / leg combination

Rest

Repeat 3 times each arm / leg combination