

Dead-bug/Supine Cross Crawl

The purpose of this exercise is to activate and strengthen your abdominal and core muscles. When we work looking down or sitting at a desk we stop using our core. If that occurs for a long period of time our abdominal muscles turn off and our pelvis tips forward. This causes more stress in our low back and hips that are trying to hold us together.



1. Lie on your back and extend your arms and legs (knees bent) toward the ceiling.
2. Press the small of your back into the surface rounding your pelvis. Your core is now active.



3. While active, lower your right leg and extend your left arm behind your head.
4. Return to the starting position and repeat with the opposite arm and leg.



Important note! For true activation or engagement of your abdominal muscles you need to be able to get the

small of your back pressed firmly into the surface that you are laying on. Use a belt or partner's hand to help. It should be difficult to pull the hand or belt from the low back.