

Flexibility Exercise #2: Bird Dogs

Objective: This movement encourages stability and can improve low back pain.

How to begin: **Always make sure you are limber before stretching by doing some light walking around.*

1. Begin on your hands and knees in a tabletop position. Be sure your hands are directly under your shoulders and your knees are under your hips.
2. Protect your lower back by engaging (squeezing) your abdominal muscles.
3. Extend your right hand out in front of you at shoulder height, while also raising your left leg.
4. Find a spot on the floor to look at to maintain a neutral gaze.
5. Hold this position for _____ seconds.
6. Return to the starting position and switch to your left arm and right leg.

Goal:

Do ____ sets, ____ per set.

Increase to:

____ sets, ____ per set.

A.



B.



**If unable hold this position, try starting out with just extending your arm only. Work up to adding both your arm and leg at the same time.*