DEAD BUG 1: STANDING

Starting Position: Stand neutral spine against wall (wall will touch sacrum, bra line, & posterior cranium) & knees slightly bent.
Alternate Position: Stand with back imprinted against wall (posterior pelvic tilt) & knees slightly bent. Hands reach forward 90 degrees.
Alternate Position: Stand with hands pushing downward on edge of a table, elbows & shoulders down, back rounded (posterior pelvic tilt), 80% of weight in heels & knees slightly bent. Abdominals should be engaged already in this position.

Instructions: Dead Bug 1/ Marching

1. Exhale: Allow front lower ribs to glide down and in with breath. Sense slight abdominal contraction. Maintain this throughout exercise.
2. Inhale: Slide on the wall to the left centering your zipper and heart over your left foot
3. Exhale: Lift right leg up as if you are marching.
4. Inhale: Lower the right leg down and slide on the wall to the right centering your zipper and heart over your right foot
5. Exhale: March left leg up.
6. Continue to alternate legs and repeat for __ repetitions.

Tips:

Pelvis/Back Position: If experiencing hip flexor or back strain perform in either alternate positions described above.