ANGRY CAT QUADRUPED/BIRD DOG

Starting Position: Quadruped with knees under hips and wrists under shoulders. Round back.

Instructions:

1. Exhale: Round back by pushing hands down and knees down into floor. You should feel abdominals engage, back of shoulders engage and slight glut engagement.
2. Inhale: Slide right foot on the floor backwards keeping pelvis from twisting.
3. Exhale: Lift right leg and reach left arm forward at same time.
4. Inhale: Return to starting position without lifting hip or twisting pelvis.
5. Reverse and repeat for __ repetitions.

Tips:

Sensitive Wrists: Place forearms on a box instead of hands on floor.
Elbows Unlocked
Hips Towards Heels: Shift hips backwards if having difficulty feeling gluts

Variations:

Arms Only: Alternate arm reaches only.
Legs Only: Alternate leg slides or lifts only.
Single Leg Swing on Bed: Perform at edge of bed with 1 leg hanging off bed. Swing the single leg back and down while maintaining round back for desired repetitions.
Same Side Arm & Leg: Challenge lateral translation of balance by lifting same arm and leg.
Hula Hip: Hula on weight bearing knee side for training obliques for gait.
Mountain Climber Prep: After lengthening leg back, fold it into chest, reach it back again. repeat for desired repetitions. Trains psoas without superficial hip flexors.