DEAD BUG 1: SEATED

Starting Position: Sit on sitz bones, back fully against a chair, hands on edge of table.
Alternate Position: Recline in a recliner with knees bent. Both heels pushing into recliner.

Instructions: Dead Bug 1/ Marching

1. Exhale: Press both hands down into table (or recliner). Elbows and shoulders should also press downward. Allow front lower ribs to glide down and in. You should sense the abdominals engage. Maintain downward pressure on hands throughout exercise.
2. Inhale: Press left heel down into the floor.
3. Exhale: Maintaining left heel pressing into floor, lift right leg up as if you are marching.
4. Inhale: lower right heel to floor and press right heel down into the floor.
5. Exhale: Maintaining right heel pressing into floor, march left leg up.
6. Continue to alternate legs and repeat for __ repetitions.

Tips:

Shifting Weight: shift weight more onto the sitz bone of the leg that is pressing into the floor. This mimics gait mechanics.

Knees Hip Height or Higher: place a stool or book under feet to help with abdominal contraction, maintain a relaxed back and decreased hip flexor tension.