

THE BIG



**THE BEST MOVES TO
IMPROVE LOWER
BACK DISCOMFORT
& IMPROVE
CORE STABILITY**

EXERCISES

EXERCISE 1 - BIRD DOG

PART 1

- START WITH HANDS DIRECTLY UNDER SHOULDERS AND KNEES DIRECTLY UNDER HIPS
- SHOULDERS SOFT, EYES ON FLOOR



- HOVER ONE HAND AND OPPOSITE FOOT OFF FLOOR
- PAUSE, HOLD, FIND BALANCE , RETURN TO START
- REPEAT OTHER SIDE
- ONCE THIS IS EASY PROGRESS TO THE PROGRESSION - PART 2



EXERCISES

EXERCISE 1 - BIRD DOG - PROGRESSION

PART 2

- START WITH HANDS DIRECTLY UNDER SHOULDERS AND KNEES DIRECTLY UNDER HIPS
- SHOULDERS SOFT, EYES ON FLOOR



- HOVER ONE STRAIGHT ARM AND OPPOSITE LEG OFF FLOOR
- PAUSE, HOLD, FIND BALANCE , RETURN TO START
- REPEAT OTHER SIDE

