

### **Bird Dog**

- Take a position on the floor on all fours with palms flat on the floor and shoulder width apart.
- Engage the abdominals to ensure you maintain correct posture.
- Extend the right arm and left leg creating a straight diagonal line from wrist to ankle.
- Crunch the right elbow and the left knee so that they touch.
- Return to starting position and repeat with opposite arm and leg.

