

BIRD DOG

WHAT'S THE EXERCISE FOR?



This is an alternative exercise for use during pregnancy or severe pain. It will empower you by teaching you what it feels like to sit or stand STACKED and also enables you to maintain this position when performing daily activities.



TECHNIQUE AND KEY POINTS:

Go down on all fours, keep your chin tucked in and look at the floor while you perform this exercise. Lift your opposite arm and leg. Hold this position as steady as possible while maintaining a normal breathing pattern. In the beginning, it is normal to wobble a little bit as you get used to balancing in this position. This will improve slowly and surely over time.

01

Go down on all fours, keep your chin tucked in and look at the floor while you perform this exercise.



02

Lift your opposite arm and leg. Hold this position as steady as possible while maintaining a normal breathing pattern. Repeat on both sides.



Hold:

30

seconds



FREQUENCY OF USE:

Once a day every night before bed or any other time that suits your schedule.



REPEAT
TWICE
BOTH
SIDES