

## Bird Dog

Start in the quadrupedal position (all fours) with arms and thighs perpendicular to the floor and one knee elevated on an Airex pad or pillow. While stabilizing your spine in a neutral pelvic posture, try to extend your non-elevated hip, keeping your knee bent at 90 degrees, and extend your opposite arm. Make sure you don't increase the curvature in your lower back at the same time. Repeat on the other side.

