

**Bird Dog or Quadruped**

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- On a padded surface, get on all fours with your knees under your hips and your wrists under your elbows
- Tighten your abdominal muscles and hold that position throughout the motion (don't try to suck in your belly; just tighten or "brace" the muscles)
- Keeping your eyes toward the floor, extend one arm parallel to the floor, keeping it close to your ear.
- To make this a little more challenging, extend the opposite leg parallel to the floor, keeping your abs tight at all times
- Hold this position for 30-60 seconds, then rest for 30 seconds. Repeat using the opposite limbs
- Don't sag in your shoulders, actively push your elbows down, keeping your eyes to the floor
- Hold this position for 30 seconds, or as long as you are able. Rest for 30 seconds and repeat 5-10 times

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**Disclaimer:**

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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