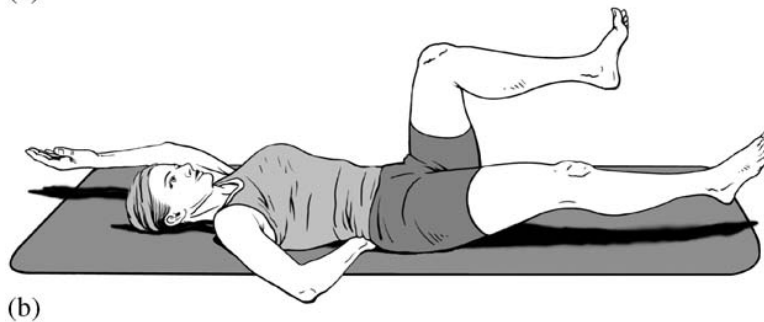
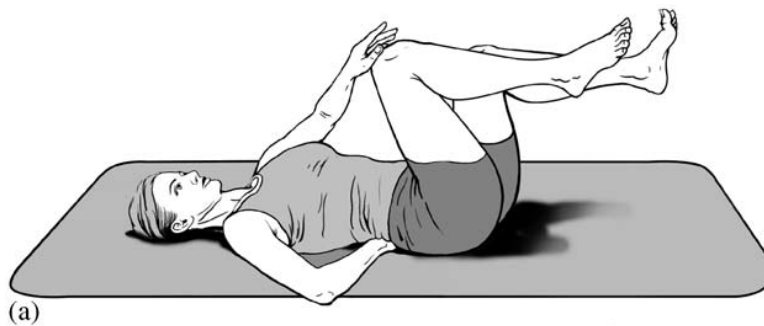


**Figure 2 Dead bug (beginner).**



**Figure 3 Dead bug (advanced).**

## **Dead bug**

### **Procedure**

- \_ Lay on your back with 1 leg straight and the other bent at the knee.**
- \_ Place the hand opposite your bent knee palm down under the small of your lower back.**

**\_ Raise the arm opposite the leg that is straight over your head supported on the floor.**

**\_ Tighten your core by bearing down slightly, without holding your breath.**

**\_ Slowly draw your arm and leg which are straight together over your abdomen.**

**\_ Bring them back to the start position.**

**\_ Repeat 12 times.**

**\_ Perform this exercise once or twice daily.**

**\_ For further training:**

**Lift the foot on the leg that is bent at the knee so that it is unsupported.**

**Add a second set of 8 additional repetitions and a third set of 6 more repetitions (see [Figs. 2 and 3](#)).**