

Dead Bug (on foam roll)

Lying flat on your back on the foam roll with your knees bent and your arms extended above your head, get into a neutral pelvic posture. Brace your abs to keep your core stable and your back on the roll throughout this exercise. Slowly, raise your right knee to a 90-degree position and your left arm above your head. Make sure your pelvis stays in a neutral brace and return to the starting position. Repeat on the other side.

