

Dead Bug

Lying flat on your back with your knees bent and your arms extended straight out above your head, get into a neutral pelvic posture. Brace your abs to keep your core stable 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, not letting your right foot touch the floor again. Repeat as instructed and on the other side.

