



# Dead Bug

***~Let Hope Be Your Guide to Health***

## *Dead Bug*

Lay on your back with right leg straight and left leg bent at the knee with foot on the floor. Place the palm of right hand under the small of lower back. Raise the left arm overhead supported on the floor. Slowly draw the opposite arm and leg, which are straight, together over your abdomen, then bring them back to the starting position. You should feel abdominal effort without low back compression, ache, or strain.

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