



Dead Bug Resisted

- **Begin on back, shoulders and hips at 90 degrees. Hold 1 end of the tubing in your hand and secure the other end to your opposite foot. Find pelvic neutral and relax neck and shoulders.**
- **Extend opposite arm and leg together while maintaining pelvic neutral. Make appropriate adjustments on tubing tension. Movement should be challenging but allow perfect execution.**
- **Complete 10 each side x 2.**

Anytime you use tubing and are not holding it at the handles, slip your hands through the handles so that the handle is secure and doesn't hit you (or someone else) when the movement is performed.

Also make sure the tubing attached to your foot feels secure. If, or when, the tubing snaps off it hurts!



bikini
BOOT CAMP