Title: Dead Bug

Primary Muscle Groups: Abs

Secondary Muscle Groups:

Summary: <ol>

<li class="p1">Lie on your back. Extend hands straight above towards the ceiling. Bring your knees up to a 90-degree angle. Shins should be parallel to the floor. Exhale and bring hips off the floor.</li>

<li class="p1">Begin by extending one leg forward. The foot should be hovering just above the ground.</li>

<li class="p1">Pause then return the leg to it’s starting position while extending the opposing leg. Keep alternating legs while maintaining a tight core.</li>

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