

BIRD DOG

Benefits:

It's good for your whole body

A small 2016 study suggests that the bird dog is a good rehabilitation exercise to balance your entire body. That's because it's not as tiring for individual muscles but works a bunch of them.

It supports good posture

Have a hunch that you've been hunching over too much lately? The bird dog exercise can help with that! By targeting your erector spinae (the muscles around your spine), it helps promote good posture.

It protects your lower back

If you're looking to protect your lower back by strengthening it, or you're recovering from a back injury, the bird dog exercise is a great way to safely get stronger. But always make sure you're using proper form so you don't do more damage than good.