



Quadruped Alternating UE Extension

Starting position:

On hands and knees with knees under hips and hands under shoulders.

Movement:

Keeping your back straight, tighten your core and extend one arm up into the air. Return to starting position and repeat with other arm.

Perform ___ Reps ___ Sets ___ Times a day



Quadruped Alternating LE Extension

Starting position:

As above.

Movement:

Keeping your back straight, tighten your core, squeeze your buttocks and extend one leg straight out. Return to starting position and repeat with other leg.

Perform ___ Reps ___ Sets ___ Times a day



Quadruped Alternating UE/LE Extension

Starting position:

As above.

Movement:

Keeping your back straight, tighten your core, squeeze your buttocks and extend one leg and the opposite arm up into the air. Return to starting position and repeat with other leg and arm.

Perform ___ Reps ___ Sets ___ Times a day