



Dead Bug Sequence

Purpose:

To stabilize your core and pelvic posture, while you move your arms and legs.

Benefit:

A strong solid core will help maintain posture, get more energy to the trunk and add valuable yardage when playing golf.

Instructions:

Start by lying flat on your back with your knees bent and arms extended out in front of you. Tilt your pelvis back and forth until you find the middle or neutral position. Now, brace your abdominals to maintain your pelvic neutral posture. If you feel like you are going to lose your brace you should stop doing the sequence. Step one is to drop one arm, then drop the other. Once you can perform this maintaining a neutral brace, then try dropping both arms at once. Step three incorporates your legs, try dropping one leg at a time, or extending one leg at a time. For advanced users, you can drop an arm and leg at the same time. The most advanced people can alternate arms and legs simultaneously in a bicycle type position.

Quantity:

Do _____ reps _____ sets.

