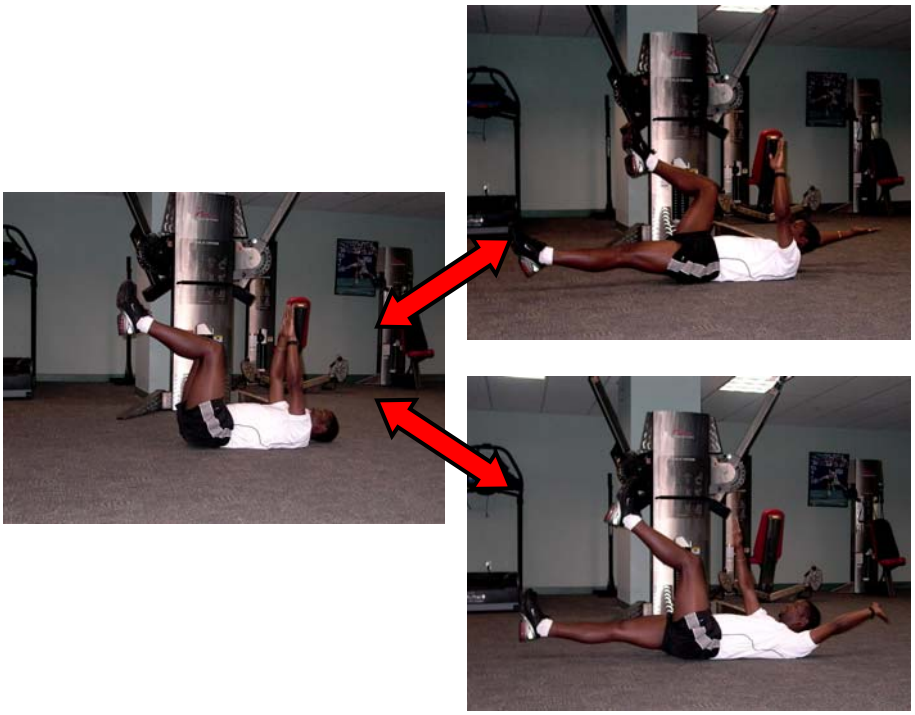
# The "Dying Bug"

**Muscles Involved**

**Abdominal Muscles:** Transverse Abdominus, Rectus Abdominus, Internal Obliques, External Obliques
**Hip Flexors:** Rectus Femoris, Iliacus, Psoas
**Shoulder Muscles:** Pectoralis Major

**Exercise Technique: Side View**



| Step | Action |
|---|---|
| Start/Finish Position | Start on your back with your knees and hips flexed 90$^{o}$. Raise your arms straight so that your fingers point towards the ceiling. |
| | "Lock down" the pelvis by contracting your lower abdominal and lower back muscles. |
| Downward Movement | Slowly extend and lower your right leg so that it is about six inches off the ground. |
| | At the same time, lower your left over your head until your hand is about six inches off the ground. |
| | Concentrate on keeping your torso stationary. |
| Upward Movement | Slowly return to the starting position and repeat with the left leg and right arm. |

*Continued on next page*

# "The Dying Bug", Continued

**Repetitions and Sets**

10-20 repetitions on each side; 1-2 sets.

**Technique Reminders**

- Contract the abdominal and lower back muscles to "lock down" the pelvis. See the accompanying figure. You want the low back to maintain its normal arch, but the pelvis should not move when performing this exercise.
- Lower the arms and legs slowly and under control.
- Be sure to breathe when performing this exercise. Do not hold your breath.

**Spotting/ Assistance**

This exercise does not require a spotter.