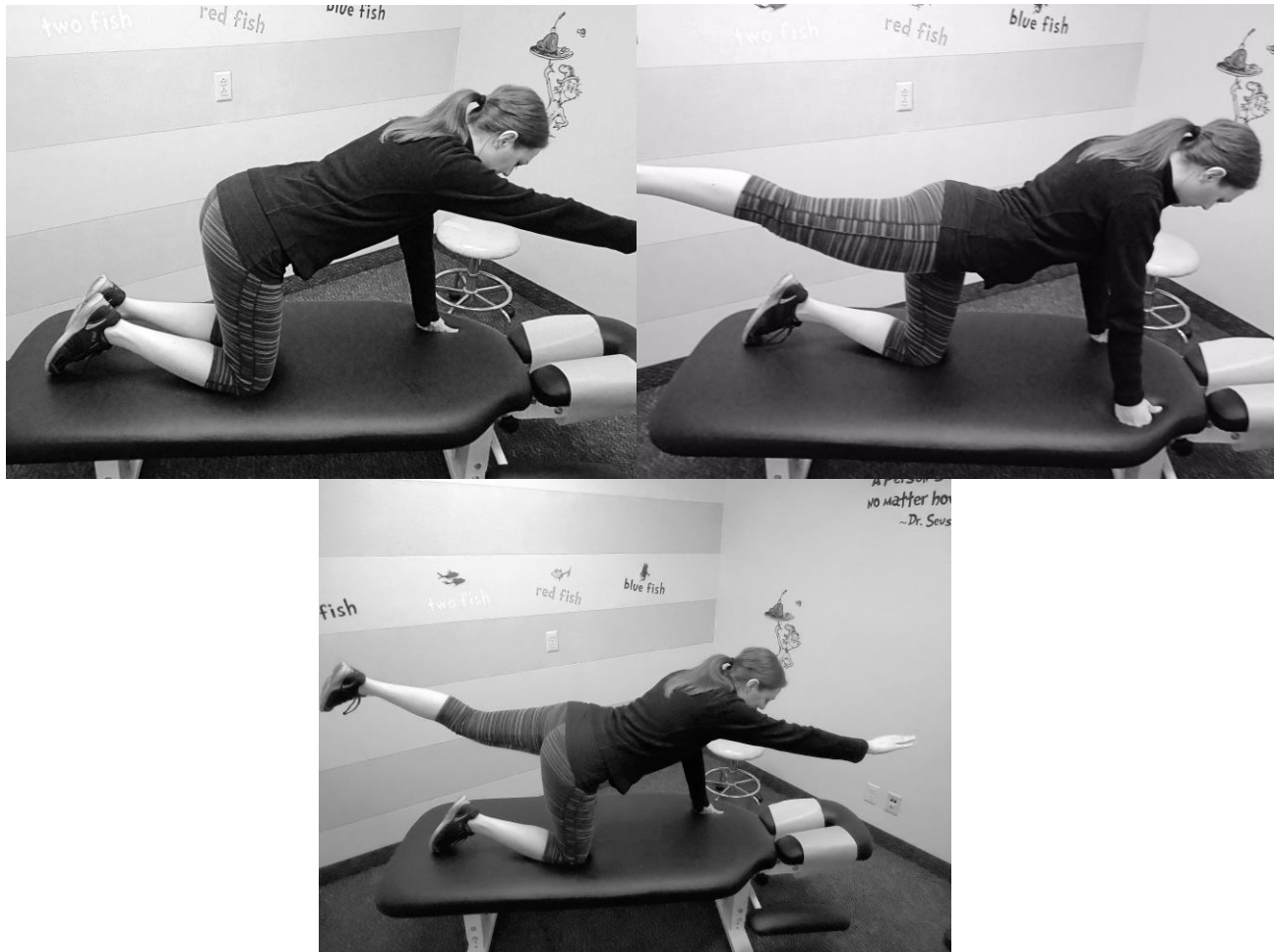


# HOME EXERCISES

1



## **BIRD-DOG EXERCISE**

Kneel on bench or flat surface

Extend leg straight back, followed by  
same-side arm

Extend together (advanced)

Switch sides