



ADVANCED TRAINING AND PERFORMANCE

Bird-dog



Exercise Description

1. Get on your hands and knees with elbows over your wrists and hips over your knees
2. Keeping your core tight and back flat, push one arm out in front of you and the opposite leg
3. sets/ reps
 - 3-4 times/week
 - 3-4 sets
 - 10-12 reps each side

The Why

This should work on hip and core strength. You want to use the muscle in your bottom and core. Try to not let your back move, like you are balancing a cup of water on your low back. Building a strong core will help produce stability which will in turn help with strength and power while running and jumping.

