**Bird Dog (Remedial)**

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**Description:**

* Start in 4 point kneel position.
* BRACE abdominals
* Spine neutral
* Keep shoulder blades under control
* Keep neck in line with head in neutral position
* Arm slide forward under control
* Pelvis and spine should remain in neutral throughout, keep all 4 points of table in line

X10 each arm, hold 5 secs at end of range

**Box press up**

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**Description:**

* Keep weight over wrists
* BRACE abdominals
* Spine neutral
* Keep shoulder blades under control
* Keep neck in line with head in neutral position
* Arm slide forward under control
* Pelvis and spine should remain in neutral throughout, keep all 4 points of table in line
* Bend arms to touch nose 6” in front of line joining ends of fingers, straighten arms to return

X10