



## Dead Bug



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**Purpose: To encourage proper muscle firing of low back musculature**

**Repetitions: 2 – 3 sets to fatigue. Do not perform movements if not simultaneously performing keagle maneuver.**

**Description: Initiate and hold contraction of pubococcyxgeal muscles (pretend someone is about to punch your lower stomach or that you are attempting to stop urinary flow). While holding contraction and breathing. Lift opposite arm & leg. Perform bilaterally. when unable to perform movement without simultaneously holding “keagle”. Set is complete.**

