# Core 2 Stretch (Superman/dead bug)





Laying on your stomach with your arms and legs extended, push your stomach and pelvis into the floor as you raise your arms and legs off the floor.

Hold the position as long possible (up to 2 minutes).

Work on progressing the time you can hold the pose.

Lie on your back with your arms above your head.

Raise legs and arms, keeping them as straight as possible, until you can feel your spine in your lower back pressed against the floor.

Hold this position for up to 2 minutes, or until you can no longer hold your lower back against the floor.

Work on improving the amount of time you can hold the pose for.

For maximum benefit, complete 10-12 reps of this stretch 2x per day.



seaman
CHIROPRACTIC