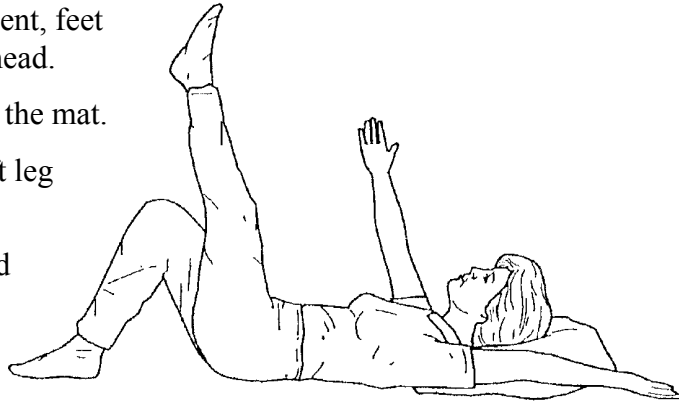


# Dead Bug Exercises

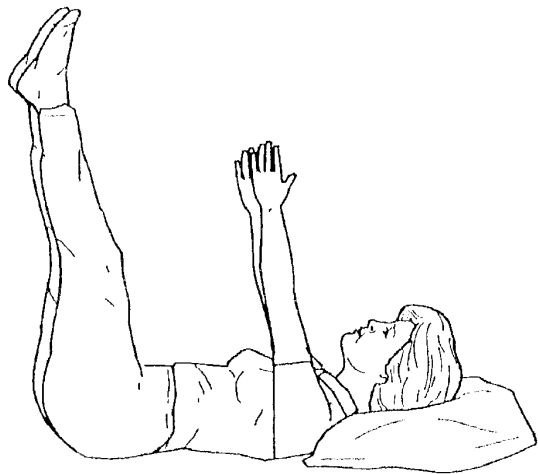
These exercises will help strengthen your lower back. Be sure to do all the exercises with your back in a pain-free position.

- Lie on your back with knees bent, feet flat on the mat and arms overhead.
  - Push your lower back into the mat.
  - Lift your right arm and left leg straight up off the mat.
  - Slowly lower your arm and leg back to mat and repeat with left arm and right leg.
  - **Option:** Add \_\_\_ lb. cuff weight to wrist.
  - **Option:** Add \_\_\_ lb. cuff weight to ankle.



**Repeat** \_\_\_\_\_ **times.**

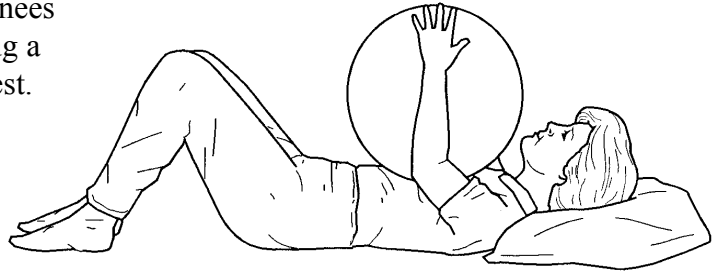
- Lie on your back with knees bent, feet flat on the mat, and arms at your sides.
  - Lift both arms straight up.
  - Lift both legs straight up off the mat.
  - Slowly return your arms and legs to the mat.



**Repeat** \_\_\_\_\_ **times.**

You will need someone to help your with this exercise.

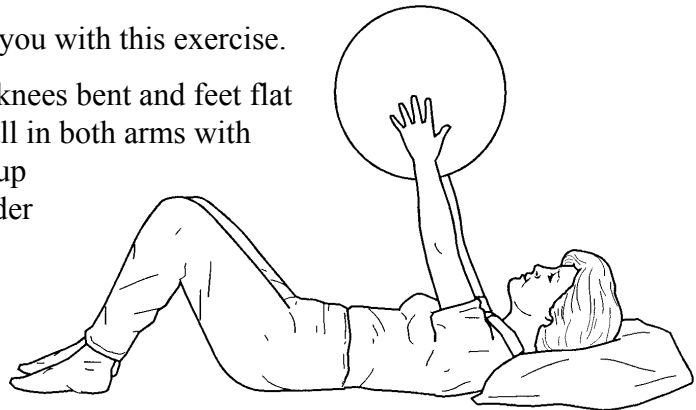
- Lie on your back with both knees bent, feet flat on the mat. Hug a small ball in both arms at chest.
- Resist your helper's pushes against the ball in various directions.



**Repeat \_\_\_\_ times.**

You will need someone to help you with this exercise.

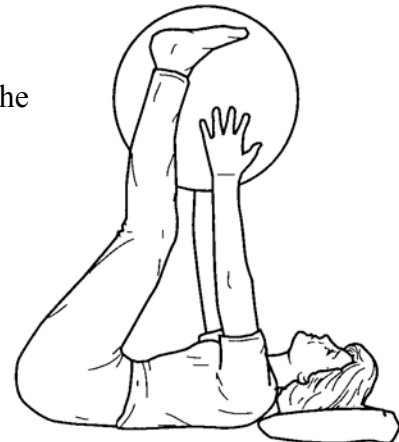
- Lie on your back with both knees bent and feet flat on the mat. Hold a small ball in both arms with your elbows straight, reach up towards the ceiling at shoulder level.
- Resist your helper's pushes against the ball in various directions.
- **Do not** arch your back.



**Repeat \_\_\_\_ times.**

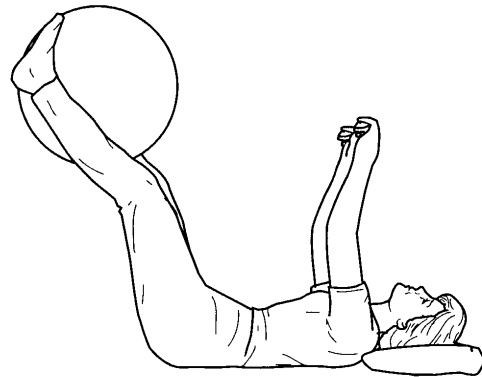
Lie on your back with knees bent with feet flat on the mat. Push your lower back into the mat.

- **Step 1:**  
Place the ball between your knees. Begin to lower your arms overhead.



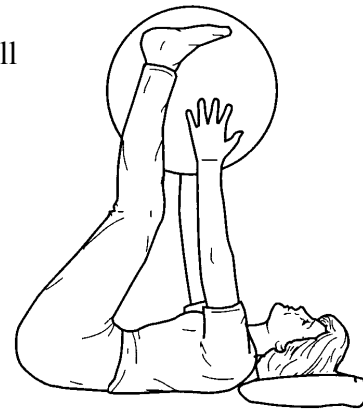
- **Step 2:**

Hold the ball in your hands overhead.  
Bring the ball toward your feet.



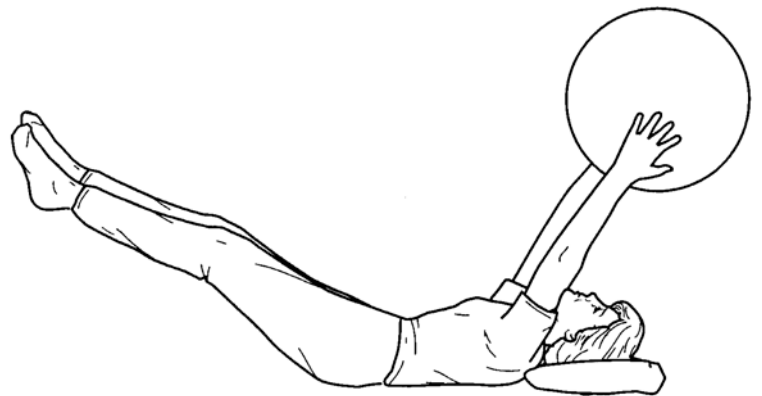
- **Step 3:**

Bring your feet up towards arms, placing the ball  
into your arms.



- **Step 4:**

Lower the ball overhead.  
Lower your legs toward the  
mat. **Do not arch your  
back.**



**Repeat \_\_\_\_ times.**

**If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: [health-info@osu.edu](mailto:health-info@osu.edu).**