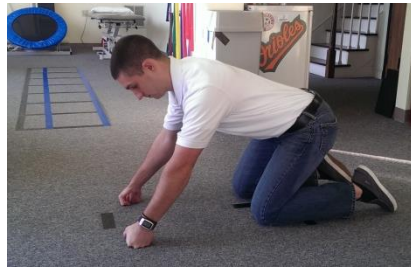


Quadruped Weight Shifting



Begin in your neutral position (hands under shoulders, knees under hips) and shift your hips backwards and then forward while maintaining a neutral spine. Make sure you come back to your starting position before each repetition.

Quadruped Alternating Arms



Begin in your neutral position (hands under shoulders, knees under hips). While maintaining your neutral spine position, slowly elevate one arm then return to the starting position and perform again with opposite arm. Make sure you begin each repetition in the neutral spine position.

Quadruped Alternating Legs



Begin in your neutral position (hands under shoulders, knees under hips). While maintaining your neutral spine position, slowly slide one leg backward until your knee is almost straight, and then slowly return to your starting position. Perform same movement with opposite leg, ensuring you return to the “knees under hips” position.