

# The Quadruped



## Step 1

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Kneel on all fours. Hands under your shoulders and knees under your hips. Keep your spine neutral. A slight bow in the low back, but not sagging or arched.



## Step 2

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Keeping your tummy tight, your spine neutral and your pelvis level, push one foot back. Keep the foot low, just off the ground until your knee is just about straight.



## Step 3

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Keeping your tummy tight, your spine neutral and your pelvis level, start to lift that leg until it is inline with your body. Squeeze through your glutes as you do this. Do not let your back arch. Return to the start position and repeat.