

## FOUR POINT KNEELING EXERCISE



### Starting Position

- Kneel on your hands and knees, with your knees directly under your hips and your hands directly under your shoulders
- Have your weight evenly distributed between your hands and your knees



### Movement

- Set your pelvic floor and lower abdominal muscles
- Exhale. Keeping your body still, slowly slide one arm forward and your opposite leg back
- Inhale. Hold this position, keeping your lower abdominal muscles working to maintain your spine in a neutral position
- Return to the starting position
- Repeat 3 – 5 times on each side

### Notes:

- Slide your arm and opposite leg out, trying to lengthen out through your finger tips and out through your toes
- Do not lift your arm and leg up too high so your back arches
- Try and keep your weight even on your hand and knee on the ground