

This beginner-friendly core move does more than you think

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Featured topic

Looking for a simple exercise that can help strengthen your core and improve stability? Meet the dead bug.

We'll teach you how to perform the dead bug exercise with proper form, including how to keep your core engaged and get the most out of every rep. While it may look easy, this powerful movement helps train your core to stay stable while your arms and legs move, improving strength, coordination, posture and overall body control.

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Transcript

Narrator: Looking for a simple exercise that can help build a stronger, more stable core? Meet the Dead Bug. But don't let the name or the simple movement fool you. It's actually challenging. And the better your form, the harder it gets. Start by lying on your back with your arms reaching toward the ceiling. Bring your knees up to about 90 degrees, with your shins parallel to the floor.

From here, slowly lower your right arm behind your head while extending your left leg toward the floor. You don't have to touch the floor. Just go as far as you can while keeping your lower back pressed down. Then bring everything back to the starting position and switch sides. Left arm goes back, right leg extends. Keep alternating sides. And remember,

slow and controlled is the goal. If your lower back starts to arch, that's your cue to make the movement a little smaller.

So why do this exercise? The Dead Bug helps train your core to stay stable while your arms and legs are moving. That can improve core strength, coordination, posture and overall body control. Try two to three sets of 8 to 10 reps per side about three days a week. Keep your core engaged and make every rep count. It may be called the Dead Bug, but your core should definitely feel alive.

Disclaimer: This video is for educational purposes only and is not medical advice. If you have questions about your health or exercise readiness, consult your doctor before beginning a fitness program.