

Dirty Dogs



- Get on your hands and knees on the floor with your wrists under your shoulders and your knees under your hips
- Keep your eyes toward the floor, allowing your spine to be in a natural position
- Shift your weight off of one leg, keeping the knee flexed at a 90 degree angle
- Without twisting your body, raise the unsupported leg out to the side as far as you are able, keeping the knee bent
- Return slowly under control to the start position
- Repeat the desired number of repetitions, then repeat on the other side

- To get the most out of your workout, aim for 1-3 sets of 8-12 repetitions on each side

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
