

BirdDog Form

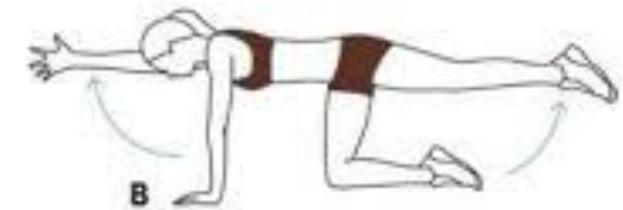
Types (progression): The BirdDog can be done in a standing position at different angles of trunk flexion (with support-novice and without) and is most often done out of the quad position on ground. Advanced versions can be done on a stability ball and out of a push up position (only for elite exercisers). **Performance:** The BirdDog can be done with isometric holds of 5-30+ seconds or by repeating 5 or more repetitions.

Form: See Details below, but key points. Always breathe. Keep neutral spine alignment (especially lower back) throughout. Brace your abdomen with 20% isometric contraction - this helps stabilize the spine (bracing).

Keep head and toe down with thumbs up. Keep pelvis parallel to floor.

[SEE DETAILS ON HOW TO DO A BIRDDOG.](#) [SEE MORE FORM DETAILS HERE.](#)

Do it Right
Exercises you Should



Next to the Side Bridge the BirdDog is one of the best exercises for the

core. See: What is the core? I consider it a foundation exercise and it should be part of a basic fitness routine or as a warm up for advanced exercisers and athletes. Performing this exercise will help stabilize the spine and it strengthen the muscle of the hamstring, glutes, central core, and thoracic area as well. Both sides must be performed (right and left). They can be done anywhere and doesn't require any equipment. They can be done often, even everyday. I would recommend performing them at least 3 x a week. I recommend a static hold exercise so when you do perform them hold them isometrically for 5 or more seconds. I often recommend a 5 second holds for 10 repetitions or 15 second holds for 3 repetitions. There is no excuse. It only takes minutes to do.

Did you know: The Bird Dog is part of the BIG 3 Core exercises, which is a treatment intervention comprised of the side bridge, the McGill curl-up, and the bird dog. Together they build endurance in the muscles of the core and hip which help stabilize the spine. A study published in the Journal of Physical Therapy Science compared the effectiveness of the BIG 3 exercises versus conventional physical therapy for pain, function and range of motion. The benefits experienced by the patients who performed BIG 3 exercises were statistically greater than the group who received conventional treatment. A research group found the Big 3 to be a superior way to warm up before athletics compared to conventional warm up. Another research group suggest that the BirdDog exercise adds balance our whole body muscles (see study). **Imbalances/differences between right and left sides in ability is sign of possible dysfunction.**