

FOUR POINT BALANCE



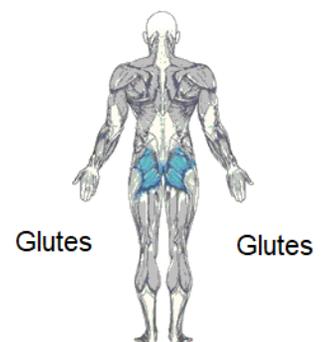
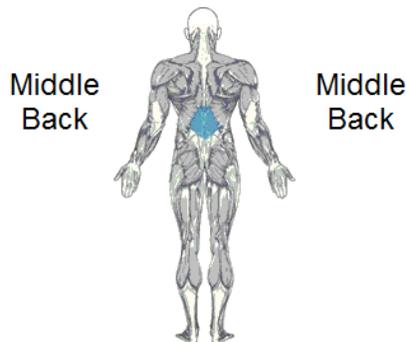
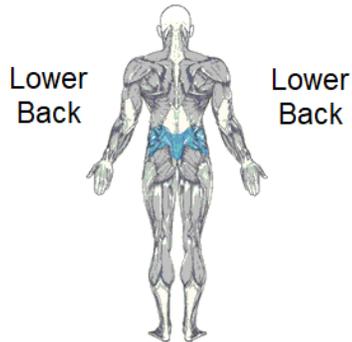
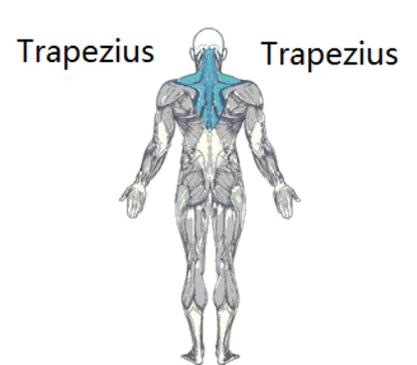
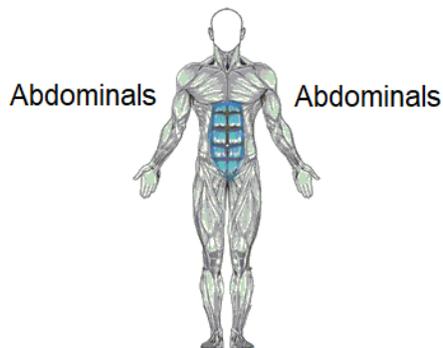
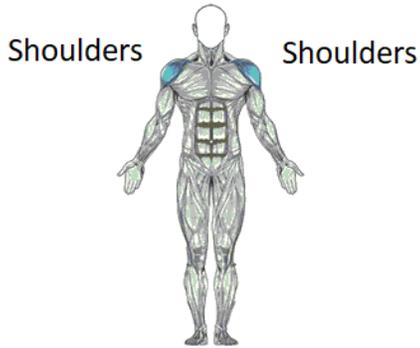
1. Go down on all four while supporting your upper body's weight on your fully extended arms and your bent knees. Your arms and your upper legs should be parallel to each other and perpendicular on the floor. This will be your starting position.
2. Raise your left arm and stretch it forward while simultaneously raising your right leg and fully extending it backwards both at the same time.
3. Now hold this suspended position for as long as recommended while keeping your entire posture perfectly straight and parallel to the floor.
4. Slowly bring down both your left arm and your right leg at the same time, then raise your right arm and stretch it forward while raising your left leg and fully extending it backwards also both at the same time.
5. Hold this suspended position for as long as recommended while keeping your entire posture perfectly straight and parallel to the floor.

CAUTION: STOP immediately if you felt any sharp pain in your spine, lower back, hips, knees and/or shoulders while performing this exercise. This is a balance and coordination exercise that is meant to engage your entire back muscles, as well as your core, shoulders & glutes muscles all at the same time.

ALTERNATIVE EXERCISES: [Air Bike](#) / [Standing Russia Twists](#) / [Horizontal Cable Woodchoppers](#)

FOUR POINT BALANCE

PRIMARY MUSCLES



A **primary muscle** is the main muscle group responsible for controlling a certain movement or the muscle group that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%100** when performing this exercise.



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