

## Four-Point Arm/Leg Lifts



**Purpose:** To improve spinal stabilization and/or strengthen your arms and legs.

**Position:** On hands and knees with knees under hips and hands under shoulders. Your feet should be in line with your knees. Keep a slight curve in low back and abdominals tightened. Head should be in line with your body.

**Action:**  Raise one arm slowly.  
 Raise one leg slowly.  
 Raise one arm and your opposite leg slowly.

Hold each repetition \_\_\_\_ seconds.

Do \_\_\_\_ repetitions \_\_\_\_ times per day.

*The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.*