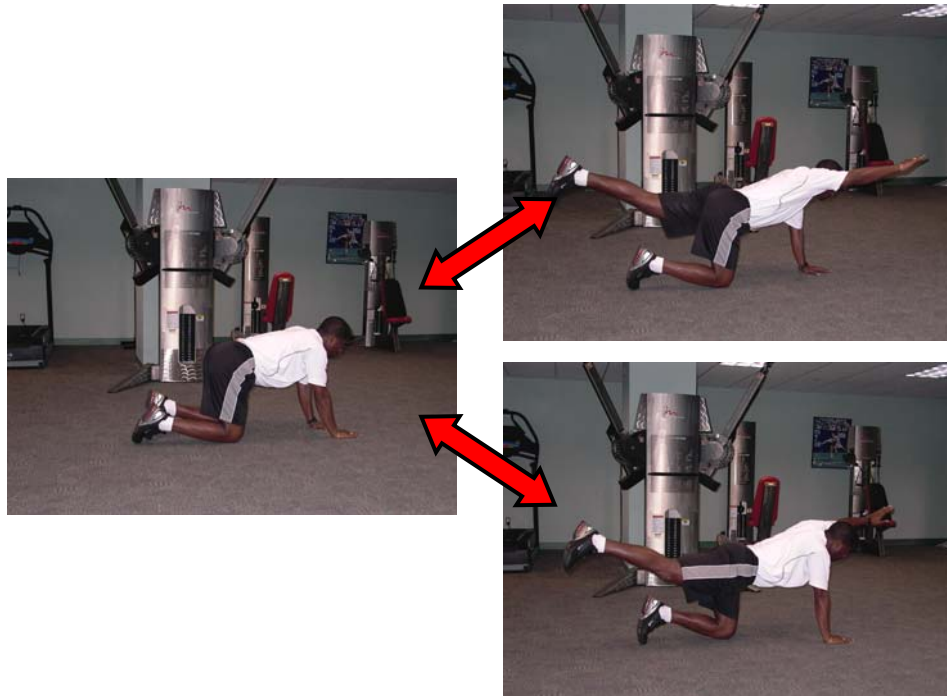


Quadruped Alternate Limb Extension

Main Muscles Involved

Lower back: erector spinae
Hip extensors: gluteal muscles, hamstrings
Scapular stabilizers: rhomboids, serratus anterior

Exercise Technique:
Side View



Step	Action
Start/Finish Position	Start on all fours (hands and knees) with the face looking toward the floor.
Upward Movement	Tighten your core muscles so you feel tension through the abdominal region and lower back. Simultaneously raise your right arm and left leg. At the top of the movement, your arm should be extended out in front of you and your left leg behind you. Both should be parallel to the floor. Hold this position for about 2-3 seconds.
Downward Movement	Slowly return to the starting position by simultaneously lowering your right arm and left leg. Repeat this movement to the opposite side.

Continued on next page



USA Tennis Strength and Conditioning
Core Exercise Routine

Quadruped Alternate Limb Extension, Continued

Repetitions and Sets 1-2 sets of 10-20 repetitions on each side.

Technique Reminders

- Keep your back flat and your hips and shoulders parallel to the ground during the entire movement.
- Draw the belly button in towards the spine and hold that contraction for the entire movement.
- Stop the exercise if you cannot maintain proper form for an entire set.

Spotting/ Assistance This exercise does not require a spotter.
