

HEELCURVE HOCKEY

DEAD BUG

EXERCISE MECHANICS

WHAT IT IS

A core stability exercise that targets deep abdominal control, anti-extension, and shoulder stability. It helps improve core strength, posture, and coordination while reducing lower back strain and enhancing athletic performance.

1 SETUP

Lie on your back with arms extended toward the ceiling and knees bent at 90 degrees. Engage your core and flatten your lower back into the ground.

2 EXTEND OPPOSITE ARM & LEG

Slowly lower your right arm overhead and extend your left leg out straight, keeping your core engaged and lower back pressed into the floor.

3 RETURN TO START

Bring your arm and leg back to the starting position with control. Keep your core tight and avoid any lower back movement.

4 SWITCH SIDES

Slowly lower your left arm overhead and extend your right leg out straight. Maintain core engagement and control.

5 REPEAT

Continue alternating sides with slow, controlled movements for the desired number of reps or time.



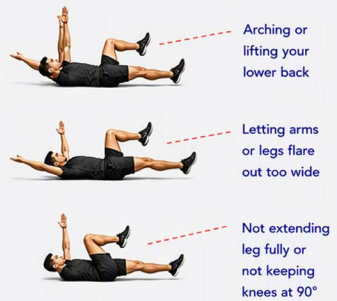
KEY POINTS

- Keep your lower back pressed into the ground.
- Move slowly and with control.
- Engage your core throughout the entire movement.
- Breathe steadily and don't hold your breath.
- Focus on quality reps, not quantity.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Rectus Abdominis
- Transverse Abdominis
- Obliques
- Hip Flexors
- Shoulders
- Lower Back (Erector Spinae)

TRAINING TIPS



Use as a core stability or activation exercise in your warm-up.



Great for improving core control and movement efficiency.



Perform 8–12 reps per side for 2–3 sets.



Include in lower body or hockey-specific training.