



How to Edit Exercise Text Instructions

1. Chose the Exercise you want to edit the text for.

CR1236: Bird Dog [Back](#)


Category	Exercise	Rehab Level	Beginner
Body Part	Core	Muscle(s)	transverse abdominus, multifidus, oblique internal/external
Equipment	No Equipment	Benefits	Improved stability, functional strength and injury prevention.
Purpose	Increase core strength and muscular endurance.		
Video	 Video available.		

Instructions



Starting Position

Begin on your hands and knees with your head and back in a straight position. Hands should be under your shoulders, hips directly above knees.



Movement

Activate core muscles. Raise one arm to shoulder level as opposite leg simultaneously lifts off floor, extending to hip height. Pause momentarily. Return to start position and alternate sides. Maintain a straight spine position, not allowing your hips to twist or rotate. Do not hyper-extend low back when extending leg. Repeat for prescribed repetitions and sets.

[Edit Text](#) [Back](#)

2. Click **Edit Text** and a new text box will open below.

[Edit Text](#) [Back](#)

Custom Text

[Revert to Default](#) [Save Custom Text](#)

3. Type in your new text then select **Save Custom Text**.

Starting Position	Movement
Begin on your hands and knees with your head and back in a straight position. Hands should be under your shoulders, hips directly above knees.	Activate core muscles. Raise one arm to shoulder level as opposite leg simultaneously lifts off floor, extending to hip height. Pause momentarily. Return to start position and alternate sides. Maintain a straight spine position, not allowing your hips to twist or rotate. Do not hyper-extend low back when extending leg. Repeat for prescribed repetitions and sets.
<div>Edit TextBack</div>	
<div>Custom Text</div>	
<div>Begin in table top position.</div>	<div>Raise one arm to shoulder level as opposite leg simultaneously lifts off floor, extending to hip height.</div>
<div>Custom text savedRevert to DefaultSave Custom Text</div>	

4. You can then refresh the page to see your new text. The new text will display for all subsequent exercise programs until to change it again or “Revert to Default”.