

# 2000 International T444e Diesel Engine Manual

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knee to elbow bird dog exercise tutorial core strength exercise in this video i ll show you how to do the knee to elbow  
bird dog exercise an advanced variation of the

crunching your elbow and your knee go back into the starting position without landing them on the floor repeat this  
exercise according to the training plan then switch legs and arms

boost your fitness with the bird dog elbow to knee targeting the abs muscles it uses body weight and is ideal for all  
levels to strengthen tone and improve performance

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flex the opposite leg and opposite arm simultaneously to have your knee and elbow meet then extend the leg and  
the arm simultaneously making sure you maintain good control in your torso do not

learn how to do the bird dog exercise with proper form to build core strength improve balance and support long term back stability safely

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