

# LIZARD

THIS EXERCISE SPECIFICALLY TARGETS THE PRIMITIVE REFLEX ATNR (ASYMMETRICAL TONIC NECK REFLEX).



## HOW TO:

- Begin laying on stomach.
- Turn head to one side (start with dominant) and rest cheek on floor.
- Extend same side arm so it is next to face (maintaining contact with floor).
- Flex same side leg (hip and knee) so it is next to body (maintaining contact with floor).
- Opposite arm and leg remain neutral / straight.
- This is "starting position."
  
- To SWITCH -- first, turn head (important that there are no other movements as head turns to other side).
- Next, "switch" arms and legs (this may be challenging to coordinate -- if so, begin with arms, then legs).
  
- That is 1 rep.
- Continue "switching" for a total of 10 reps.
- Complete twice a day.