

CRAWLING

- Kneel on floor then bend forward placing hands directly under the shoulders and the knees directly under the hips. This is a four point hands and knees stance.
- Lengthen the spine from the tailbone to the top of the head to achieve a neutral spine.
- Gently draw the belly button to the spine.
- Move the shoulder blades toward the tailbone and without changing your body shape push the ground away with your hands.
- Slowly and smoothly, lift your knees off the ground so that they are still very close to it.
- Slowly take a very small step forwards with your opposite hand and foot. Repeat with the other side.
- Continue taking small steps remembering to hold the setup position as closely as possible.
- Perform only until movement control is lost.

Benefits

- Core strengthening.
- Upper body strengthening.
- Coordination, cross patterning and right/left brain development.

Beginners Advice

- Maintain normal breathing throughout.
- Maintain a slow steady speed.
- Hold the setup position as closely as possible.

Challenge

- When competent at moving in a forwards direction challenge yourself by moving in reverse.

Adjustments / What to look for

- Developing a 'sagging' back. Remember neutral spine position; draw in belly button and lengthen from tailbone to top of head.
- Lifting knees too high off floor. Keep knees as close as possible to floor whilst moving.
- Same side arm and leg moving. Focus on opposite movement and the placement of hand and toes on floor at same time.

