

Exercise of the Month

June 2018

The Bear Crawl

Purpose: Improve core strength and stability, build upper and lower body strength, enhance neuromuscular communication, improve balance and coordination, and increased mobility.

Target Muscles: Core, Shoulders, and Glutes

Assisting Muscles: Quadriceps, Hamstrings, and Upper/Lower Back

Equipment: None!

Start: Begin in a push-up position with your hips lifted, hands shoulder-width apart, and your legs extended hip-width apart with a slight bend in the knees.

Movement Phase 1: Push the toes of your left foot into the floor while moving the left hand and the right leg forward at the same time.

Movement Phase 2: Alternate the arm and leg movements (i.e. right hand with left leg, left hand with right leg) while keeping your core engaged and hips lifted.

Repeat: Crawl forward for 10-20 yards, then reverse the movement to crawl backwards to your start location.

Modification

Beginner: Without moving your upper body, bring the right knee towards your right arm, tap the toe, then place it back in the starting position. Alternate legs for a total of 20 repetitions.



From Corporate Fitness Works Team Leader, Becky McGraw

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