



1. Start on your back, spine straight, left foot near your glutes, hands near head in protective manner. Right leg is out straight.

2. Roll to the right. Push hands away from upper body, putting most of your weight on your right shoulder raise your hips off the floor supported by the left foot.

3. Using left foot (which does not move from its position), thrust your hips up in line with your shoulders. Left leg straightens some.

4. Roll onto back, straightening spine using the core muscles of your lower back and stomach sides (the external obliques).

4. Straighten body, lower left leg and raise right leg. Continue by rolling to left and duplicating the movements with the other side of the body.

Side Shrimp



1. Start on your side with your elbow supporting you, other hand near the face/head for protection. Left leg is straight.

2. Slide your hips up the floor using right foot and left elbow as support.

3. You will end up back in position #1. Continue for required distance/time as well as using the other side of the body.

Crawls



1. Think of Crawls as Spiderman™ climbing up a building. Start with your elbow and knee close together (#4 shows the preferred, closer distance), your other limbs are stretched out.

2. Lower yourself to the floor via a pushup. The further you get down to the floor, the better the crawl.

3. Crawl forward, bringing your left side limbs together while stretching out your right side. **Remember**, the only thing touching the floor should be your hands and feet - no knees.

4. Lower yourself to the floor again. Notice how close your knee is to the elbow. You can actually ride the knee on top of the elbow for more effective crawls. Continue crawling the required distance.