

## Abdominal Hollowing with Cross Crawl Step 1



- Assume a position on the ground, on your hands and knees with your elbows extended.
- Perform abdominal hollowing while keeping your back flat.
- Slowly extend your right arm out in front of you and slowly bring it back to the ground.
- Next, slowly extend your left leg out behind you and slowly bring back to the ground.
- Continue this with the opposite arm and then opposite leg.
- Perform 3 sets of 10 reps of this progression (10 of each limb extension).
- It is important to maintain abdominal hollowing throughout.