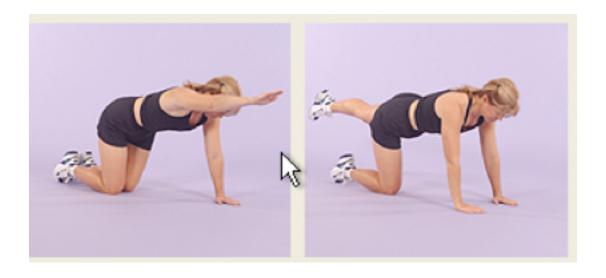
Abdominal Hollowing with Cross Crawl Step 1



- -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.