

Abdominal Hollowing with Cross Crawl Step 2



- 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 while simultaneously extending your left leg back then slowly bring both back to the ground.
- Continue this on the opposite side.
- Perform 3 sets of 10 reps of this progression (10 of each of each side).
- It is important to maintain abdominal hollowing throughout.