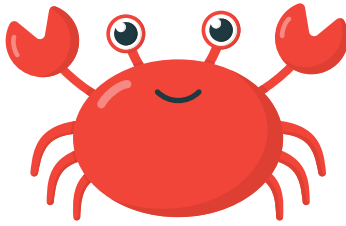


Crab Walks:



1. Sit on the floor

- Sit down with your knees bent and feet flat on the ground.
- Place your hands flat on the floor just behind you, fingers pointing toward your feet.

2. Lift your hips

- Push through your hands and feet to lift your hips a few inches off the ground.
- Keep your belly up and your back flat, like a “tabletop” position.

3. Start moving

- Move one hand and the opposite foot forward at the same time.
- Then switch sides: the other hand and opposite foot step forward.
- Continue this pattern to “walk” like a crab.

4. Keep control

- Take slow, steady steps forward for several feet.
- Try walking backward in the same way for an extra challenge.

5. Focus on form

- Keep your hips lifted the whole time.
- Look forward instead of down to keep your neck comfortable.
- Aim for smooth movements rather than speed.

