

10U/12U PHASE I - CORE & BACK

## CRAB WALK BRIDGE

- ① **STATIONARY**
- Sit on floor with hands about a foot behind glutes.
- ② **MOVEMENT**
- Alternate lifting opposite hands and legs walking forward two steps.
  - Stop and lift hips as high a possible contracting glutes.
  - Hold for 3-5 seconds.
  - Lower hips and Crab Walk forward another 2 steps.
  - Repeat for 10 yards.



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