**Stomach Crawls**

**Target Body Part:** Full Body/Integrated

**Primary Muscles:** Trapezius (Traps), Latissimus Dorsi (Lats), Rhomboids, Erector Spinae, Rotator Cuff, Anterior and Medial Deltoids (delts), Posterior Deltoids (delts), Serratus Anterior, Gluteus Maximus (glutes), Gluteus Medius/Minimus (Abductors), Quadriceps (quads), Adductors, Obliques

**Secondary Muscles:** (Synergists/Stabilizers)

**Equipment Needed:** No Equipment

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**Step 1**
Starting Position: Lie on your stomach placing your hands in front of your shoulders with your elbows bent and forearms resting on the floor. Brace your abdominal muscles to stabilize your spine. Pull your shoulder blades back and down. Maintain these engagements throughout the exercise.

**Step 2**
While keeping your body on the floor, perform the following sequence simultaneously: Slide your left knee forward, bending your knee and moving it out to the to the side of your body until your knee is level or near level with your hips. Lift or slide your right arm forward while maintaining some bend in your elbow. Rotation of your hips and trunk is acceptable during this movement (as illustrated).

**Step 3**
From this position, move forward by bringing the opposite limbs forward (e.g., right leg and left arm) in the same manner outlined above. Continue this crawl movement over a distance of 30 feet (approximately 10 m). Your body should stay in contact with the floor.

**Step 4**
Exercise Variation: To increase the intensity of this exercise, you can extend the distance covered or increase the crawling pace. For professional guidance in your exercise program, find an ACE-certified Personal Trainer in your area. Before beginning any fitness program, always see a qualified healthcare provider for advice and to address any questions or concerns. The exercises presented on this website are for suggestion only and should not be substituted for medical diagnosis or treatment. Participate at your own risk and stop if you feel faint or experience shortness of breath.
Kneeling Triplanar Lunge

**Target Body Part:** Abs, Butt/Hips, Legs - Thighs, Full Body/Integrated

**Primary Muscles:** Rectus Abdominus (abs), Quadriceps (quads), Full Body/Integrated, Obliques

**Secondary Muscles:** Latissimus Dorsi (Lats), Erector Spinae, Gluteus Maximus (glutes), Adductors

**(Synergists/Stabilizers)**

**Equipment Needed:** No Equipment

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**Step 1**
Starting Position: From a kneeling position place the right foot in front of the right hip. The right knee is directly over the right ankle (marriage proposal position). Brace your abdominal muscles to stabilize your spine. Pull your shoulder blades down and back without arching your low back. Keep the chest lifted and the ribcage knitted together. Your chin should be parallel to the ground and your arms by your side.

**Step 2**
Frontal Plane: Reach your right arm toward the ceiling but keep your shoulders away from your ears. Stretch your right arm toward the left wall as you bend the torso at the waist. Notice that your weight must shift to the right to counter balance this movement. Do not arch the low back or round the shoulders forward. Keep the shoulders square to the front. The left shoulder reaches toward the ground. Perform 2-4 repetitions, holding the stretch for 15-30 seconds each. Change the starting position by kneeling on the right knee with the left leg in front and repeat on the other side.

**Step 3**
Sagittal Plane: From starting position, reach your right arm toward the ceiling but keep your shoulders away from your ears. Reach your left arm toward the ground. Keeping your left knee pressed into the ground, lean forward into your right hip. At the same time, reach your right arm toward the wall behind you. Do not arch the low back. The left fingers are reaching toward the ground. To further increase the stretch to the front of your left hip (hip flexors) squeeze and contract the left glute (butt) muscles. Perform 2-4 repetitions, holding the stretch for 15-30 seconds each. Change the starting position by kneeling on the right knee with the left leg in front and repeat on the other side.

**Step 4**
Transverse Plane: From starting position, place your right hand behind your head. Rotate your torso to the left while slowly leaning forward into your right hip. Do not arch the low back. Keep the head and chest lifted and the ribcage knitted together. Perform 2-4 repetitions, holding the stretch for 15-30 seconds each. Change starting position placing your left leg in front and repeat on the other side.

**Step 5**
Exercise Variation: Progress this exercise by using the same side arm position for each stretch.

Frontal Plane: Reach your left arm toward the ceiling but keep your shoulders away from your ears. Stretch your left arm toward the right wall as you bend the torso at the waist. Notice that your weight must shift to the right to counter balance this movement. Do not arch the low back or round the shoulders forward. Keep the shoulders square to the front. The right shoulder reaches toward the ground. Perform 2-4 repetitions, holding the stretch for 15-30 seconds each. Change the starting position by kneeling on the right knee with the left leg in front and repeat on the other side.

Sagittal Plane: From starting position, Reach your left arm toward the ceiling but keep your shoulders away from your ears. Reach your right arm toward the ground. Keeping your left knee pressed into the ground, lean forward into your right hip. At the same time, reach your left arm toward the wall behind you. Do not arch the low back. The right fingers are reaching toward the ground. To further increase the stretch to the front of your left hip (hip flexors) squeeze and contract the left glute (butt) muscles. Perform 2-4 repetitions, holding the stretch for 15-30 seconds each. Change the starting position by kneeling on the right knee with the left leg in front and repeat on the other side.

Transverse Plane: From starting position, place your left hand behind your head. Rotate your torso to the LEAD leg while slowly leaning forward. Do not arch the low back. Keep the head and chest lifted and the ribcage knitted together. Perform 2-4 repetitions, holding the stretch for 15-30 seconds each. Change starting position placing your left leg in front and repeat on the other side.

Keep the abdominals engaged throughout the exercise to help prevent an increase in lumbar lordosis. If you have discomfort in your knees, place an airex bad or rolled up stretch matt under your knee.

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Warrior I

Target Body Part: Butt/Hips, Legs - Thighs, Full Body/Integrated

Primary Muscles: Erector Spinae, Rectus Abdominus (abs), Gluteus Maximus (glutes), Quadriceps (quads), Hamstrings, Adductors

Secondary Muscles: Transverse Abdominus, Gluteus Medius/Minimus (Abductors), Soleus, Gastrocnemius, Obliques (Synergists/Stabilizers)

Equipment Needed: No Equipment

Step 1
Starting Position: Stand with your feet hip-width apart, toes pointing forward and arms by your sides. Pull your shoulder blades down and back without arching your low back. Engage your abdominal/core muscles to stabilize your spine. Inhale.

Step 2
Exhale and take a large step forward with your right foot while raising your arms to the ceiling, palms facing each other. Keep your right foot pointed forward and turn your left foot out to the side 45 to 60 degrees. Your left heel should be on line with your right heel. Begin lunging forward into the right leg while keeping your back (left) leg very straight and strong. Do not allow the right knee to move forward past the right toes. Keep the back (left) heel pressing into the ground. Lower your hips toward the floor and square your shoulders and hips to the front of the matt. Support your weight by pushing through your left foot and reaching up through your arms. Lift your ribcage away from the pelvis without arching the low back.

Step 3
Hold this position for 3-5 slow, deep breaths (approximately 20-30 seconds) and repeat on the other side.

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**Lunge with Elbow Instep**

**Target Body Part:** Abs, Butt/Hips, Legs - Thighs, Full Body/Integrated

**Primary Muscles:** Erector Spinae, Transverse Abdominus, Quadriceps (quads), Hamstrings, Adductors, Full Body/Integrated

**Secondary Muscles:** Latissimus Dorsi (Lats), Soleus, Gastrocnemius, Tibialis Anterior, Obliques

**Equipment Needed:** No Equipment

**Step 1**
Starting Position: Stand with your feet hip width apart. Pull your shoulders down and back without arching your low back, and engage your abdominals to stabilize your spine.

**Step 2**
Begin to step forward slowly by lifting the right foot off the floor. Find your balance on the standing leg. Control any sideways tilting or swaying in your upper body by keeping the abdominals contracted and the standing foot pressed firmly into the ground. Hold this position briefly before reaching forward with the right foot. The right (swing) foot should contact the floor heel first. Slowly shift your body weight to the right foot, which is now placed firmly on the floor. Begin to lower yourself into the right leg. Keep your spine straight and your torso leaning slightly forward from the hips. Lower your right elbow on the inside of your right knee.

**Step 3**
As you continue to lower yourself into the lunge, your hips should drop toward the floor. Try not to allow your hips to drive forward. This will help control the amount of forward movement of your shinbone over your foot. Place both hands on the floor. The right hand should be slightly forward of the left. Continue lowering your body to a comfortable position or until your front thigh is parallel with the floor and your shinbone is in a slight forward lean. Holding this position, push back through the left foot to lengthen and increase the stretch on the front side of the left hip. Keep the abdominals braced in order to stabilize the pelvis and enhance the stretch on the left hip flexor.

**Step 4**
Maintaining your core engagement, push your hands into the floor and begin to return to start position. With the right (forward) foot firmly into the ground, press backwards to straighten the right knee and hip, bringing yourself forward into a standing position. Keep your chest lifted and abdominals braced to maintain a straight spine and level pelvis as you begin to swing the left leg forward to initiate the next repetition.

**Step 5**
Continue the exercise for a specific number of repetitions or over a certain distance of travel.

**Step 6**
Exercise Variation: to add a stretch before before stepping into the next lunge, lean back to straighten the right leg and stretch the right hamstrings. Alternate with both legs.

Focus on maintaining the abdominal bracing through the entire range-of-motion of the movement to keep the spine stable and pelvis level.

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