Title: Bear Crawls

Primary Muscle Groups: Abs, Shoulders

Secondary Muscle Groups: Calves, Forearms, Hamstrings, Quadriceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Come to the ground, placing your knees below your hips and your hands below your shoulders. Elevate your hips up, extending your legs and arms. Keep the head in a neutral position.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Move the right hand forward as you simultaneously move the left foot forward. Afterwards, move the left hand and right foot forward.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Continue in this back and forth pattern, always moving the opposite hand and foot. Remember to brace the core throughout the movement.</span></li>

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