Title: Crab Toe Touches

Primary Muscle Groups: Hamstrings, Lower Back, Quadriceps, Shoulders, Upper Back &amp; Lower Traps

Secondary Muscle Groups: Abs, Calves, Obliques

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Sit on the floor with your feet in front of you and hands behind.you. Your fingers can be pointed towards the side or behind you. With your feet on the floor, lift your hips skyward. Pause when your body is parallel with the floor.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Focusing on contracting the core first, bring your right hand up while simultaneously lifting your left leg up. Touch your right hand to your left toes.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly return to the elevated position and switch sides. Bring your left hand to your right toes. Keep alternating back and forth.</span></li>

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