Title: Crab Walks

Primary Muscle Groups: Glutes &amp; Hip Flexors, Shoulders

Secondary Muscle Groups: Abs

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Sit on the ground with your knees bent, feet flat on the ground and your hands behind you. Your hands should be facing forward towards you.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin the movement by lifting your hips into the air and bracing your abdominals. Your hips must stay up throughout the movement. Walk forward by moving your right foot and right hand forward. Switch to the left side.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Continue this back and forth pattern while keeping your hips elevated. When finished, lower yourself to the ground.</span></li>

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