

Metadata: <https://www.youtube.com/watch?v=04p8JloJu8w>

Okay guys, this is phenomenal. This is really good for your shoulders. Really good for again, movement. All this is based around movement. We want to make sure we're doing the right movement. So when we start training formally, that we'll be able to move the right way and we'll hop right into it. This is called the elbow slide. This is really cool. There's different ways you can do it. So from here, I can come down to my elbow just like this. Now I'm here. Okay, not up on my hand. Elbow. My legs are going to come straight. I'm going to push here and I slide my hips down. I come all the way up and I put this elbow down. So my right one was down. I transferred to my left. I reach up. I push myself down. So I'm just pushing up my elbow and I come back up. So again, if I'm on the side, I'm on my elbow. I can slide. I can turn up. Slide. Slide. The other way we can do this is backwards. So from here, I can push my elbow here and push off my feet. I can come here. If you want to really get a little more fun with it, I like to do this. I do the elbow slide. If I'm going to go forward, I do three. I start with one. So I go one and I turn. I go one. Then I come here. I go one, two. And then I do the same one, two. And I get it all the way up to where I'm going to ten. I'm just going back and forth, back and forth. I can do them backwards, forward. You can do them on your hand too if you feel like I can't do them on my elbow yet. Whenever you can't do something, don't say, I can't do that. Say, I can't do that yet. Remember that. So right here at my post, I move here. I come over and here. So try to start on the elbow. If not, same thing. Backwards. Backwards. And double up. You can do two, two. And you can do all the different directions.