

## Spiderman Arm Crawl

**Green-** Level 1

**Gold-** Level 2

**Red-** Level 3

Equipment-  
Sliders to

Hand Towels, Plastic Plates, or Glide Disc

use on hand(s)

Position-

**Modified Push-up Position (Hands and Knees)**  
or

**Push-up Position (Hands and Feet)**

Knees on Pillow, Towel, or Mat

Hand(s) on Hand Towel, Plastic Plate, or Glide Disc  
Slider

Movement-

### **1-Hand Clock Reaches**

(12-11-10-9 O'clock Positions performed with Left  
Hand)

(12-1-2-3 O'clock Positions performed with Right  
Hand)

Assume a Modified Push-up position (hands and knees with the left hand on the slider. Image the face of a clock around your body. While maintaining push-up position reach with the left hand forward to 12 O'clock. The right arm bends, like doing a 1-arm push-up and the chest lowers down toward the ground but stops about 4-6 inches off the floor. Press through the right hand and pull the left arm back under the body. Repeat the motion. You can complete all the repetitions to 12 O'clock on left arm then move to the right. Repeat this to 11 O'clock

with the left then 1 O'clock with the right, then 10 O'clock and 2 O'clock, and finally with 9 O'clock and 3 O'clock. For a greater challenge the same moments maybe performed in a regular push-up position.

Movement-

### **Alternating 1-Hand Clock Reaches**

(12-11-10-9 O'clock Positions performed with Left Hand)

(12-1-2-3 O'clock Positions performed with Right Hand)

Assume a Modified Push-up position (hands and knees with the left hand on one slider and the right hand on another). Image the face of a clock around your body. Instead of reaching with one arm only this time you are going to alternate left and right reaches. Left hand to 12 O'clock followed by right hand to 12 O'clock. Repeat back and forth for prescribed duration then rest. Proceed on to alternating between 11 and 1 O'clock for the prescribed duration then rest, then 10 and 2 O'clock, and then finally 9 and 3 O'clock.

Prescription-

2-3 x's 30-60 sec each paired clock position

Movement-

### **2-Hand Fly Push-ups**

Assume a Modified Push-up position (hands and knees with the left hand on one slider and the right hand on another). While maintaining push-up position move both hands on sliders a part until they are the width of where you would do a push-up. Stop the movement and lower your chest down toward the floor to approximately 4-6 inches above

the floor. Press back up and pull both hands back together to starting position. Repeat motion. For increased difficulty try motion in regular push-up position.

Prescription-

2-3 x's 30-60 sec

Movement-

### **2-Hand Roll-Out**

Assume a Modified Push-up position (hands and knees with the left hand on one slider and the right hand on another).