

# Spiderman Crawl

**Green-** Level 1

**Gold-** Level 2

**Red-** Level 3

Equipment- Hand Towels, Plastic Plates, or Glide Disc  
Sliders to

use on hand(s) and foot(feet)

Position- Hand Towel, Plastic Plate, or Glide Disc Slider on 1-foot. Assume a push-up position with equipment under the left foot. Arms straight with hands under shoulders with legs slightly apart.

Movement-

## **1-Foot Climb (Knee toward Chest)**

Assume a push-up position with the left foot flexed press into the equipment. Pull the foot and knee up toward the chest without changing body position. Return leg back to starting position. Harder you push into the equipment with the foot the more intensity you will receive. Repeat on the other leg.

## **1-Foot Frog Climb (Knee toward same side elbow)**

Assume a push-up position with the left foot flexed press into the equipment. Pull the foot and knee up toward the elbow without changing body position. Movement should mimic a “frog” leg through the water. Return leg back to starting position. Harder you push into the equipment with the foot the more intensity you will receive. Repeat on the other leg.

### **1-Foot Scissor (abduct leg out then back to start)**

Assume a push-up position with the left foot flexed press into the equipment. While keeping the left leg straight move it away from the body maintaining push-up position. Return leg back to start keeping the foot facing straight down in neutral foot position. Harder you push into the equipment with the foot the more intensity you will receive. Repeat on the other leg.

### **1-Foot Circular Frog Climb (counter-clock-wise)**

Assume a push-up position with the left foot flexed press into the equipment. Pull the foot and knee up toward the elbow. Without changing body position circle your knee under your chest and extend your leg back to start in a counter-clockwise motion. Harder you push into the equipment with the foot the more intensity you will receive. Repeat on the other leg.

### **1-Foot Circular Frog Climb (clock-wise)**

Assume a push-up position with the left foot flexed press into the equipment. Pull the foot and knee up toward the chest without changing body position. Circle your knee out to the same side elbow into a frog leg position. Continue the circling motion

extending the leg back to the starting position. Harder you push into the equipment with the foot the more intensity you will receive. Repeat on the other leg.

### **Mt. Climbers**

Assume a push-up position with the left and right feet flexed and pressed into the equipment. Alternate pulling the foot and knee of each leg up toward the chest while maintaining a push-up position. Harder you push into the equipment with the foot the more intensity you will receive.

### **1-foot Plank Reach-Thru**

Assume a push-up position with the left foot flexed press into the equipment. Lifting up toward the chest on the left foot and knee reach under the body and through to the opposite side outside of the right leg. The elbows can bend slightly as the hips and torso rotate to allow the leg to reach through. Rotate body back pulling the leg back through to the starting position. Harder you push into the equipment with the foot the more intensity you will receive. Repeat on the other leg.

### **Plank 2-foot Circles (clock-wise/counter-clock-wise)**

Assume a push-up position with the left and right feet flexed and pressed into one piece of equipment. Pulling up on both feet circle them clock-wise making a circle as big as a softball. To

increase difficulty, make the circles larger- volleyball

to basketball to as big as a stability ball. Repeat to the counter-clock-wise direction. Harder you push into the equipment with the foot the more intensity you will receive.

Prescription-

2-3 x's 30-60 sec each movement