

# Movin & Groovin with Erin



## CRAB WALK

 **AUTISM SOCIETY**  
*Improving the Lives of All Affected by Autism*  
*Greater Akron*



# Beginner Crab Walk



Sit on the floor with your legs bent out in front of you with your feet flat on the ground. Keep your bottom on the ground and your hands will be flat on the ground slightly behind you. Take a small step forward with both your right and left feet. Then push the ground with your arms, lift up your bottom, and scoot it closer to your feet so that you are now in the same position you started in. Repeat this movement 5 times.



Starting position



Move right leg forward,  
then left leg forward



Push hands into ground & lift  
up bottom



Scoot bottom forward



Return to starting position &  
repeat movement



# Intermediate Crab Walk



Sit on the floor with your legs bent out in front of you with your feet flat on the ground. Your hands will be flat on the ground slightly behind you. Push hands into the ground and lift your bottom off the ground. Take a small step forward with your right foot and your left hand. Then take a small step forward with your left foot and right hand. Repeat this movement 5 times (10 total but 5 steps with each foot).



Starting position



Lift up bottom



Take a step forward with right leg & left hand



Take a step forward with left leg & right hand & repeat movement





# Advanced Crab Walk



Sit on the floor with your legs bent out in front of you with your feet flat on the ground. Your hands will be flat on the ground slightly behind you. Push hands into the ground and lift your bottom off the ground. Take a small step forward with your right foot and your left hand. Then take a small step forward with your left foot and right hand. After taking 1 step with each leg/hand, tighten your core and straighten both legs without letting your bottom touch the ground and then bring your feet/legs back in. Repeat movement 3 times.



Starting position



Lift up bottom



Take a step forward with right leg & left hand



Take a step forward with left leg & right hand



Straighten both legs out without letting bottom touch the ground



Return to position with bottom still off the ground & repeat movement