Movin & Groovin
with Erin

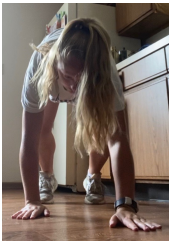

INCHWORM CRAWL

Beginner Inchworm Crawl

Start standing up straight with your arms down at your side. Then bend your knees and your body and put your hands flat on the ground. Walk your hands forward until you are in a push-up position, with your hands under your shoulder. Then drop your knees to the ground and stand up to return to starting position. Repeat 5 times.

Start standing straight with arms at side
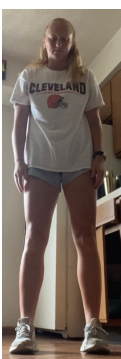
Bend knees & bend over & put palms on the ground

Start to walk hands forward

Walk hands all the way out so you are in push-up position

Drop Knees to the ground
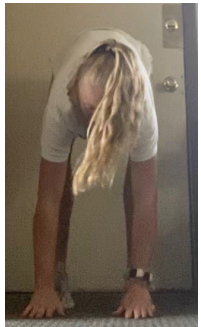
Stand up & repeat movement
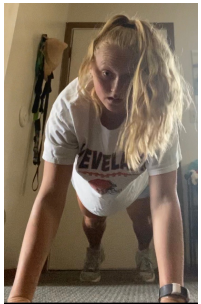
Intermediate Inchworm Crawl

Start standing straight with your arms down at your side. Then bend your knees and your body and put your hands flat on the ground. Walk your hands forward until you are in push-up position, with your hands under your shoulder. Then walk your feet towards your hands until you return to the starting position and stand up. Repeat 5 times.

Start standing straight with arms at side

Bend knees & bend over & put palms on the ground

Walk hands out until you are in push-up position

Walk feet towards hands

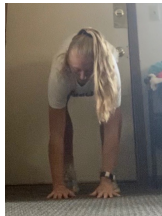Stand up & resume starting position & repeat movement

Advanced Inchworm Crawl

Start standing straight with your arms down at your side. Then bend your knees and your body and put your hands flat on the ground. Walk your hands forward until you are in push-up position, with your hands under your shoulder. Jump your feet towards your hands and then jump them back out to be in push-up position. Then walk your feet towards your hands until you return to the starting position and stand up. Repeat this movement 5 times.

Start standing with arms at side

Bend knees & bend over & put palms on the ground

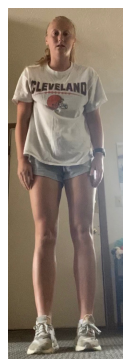Walk hands out until you are in push-up position

Jump your feet forward towards your hands

Jump your feet back so that you are in push-up position again

Walk feet towards hands

Stand up & resume starting position & repeat movement