

10U/12U PHASE II - LOWER BODY

MONSTER WALK/ BEAR CRAWL

MOVEMENT

- Perform 6 Monster Walks (forward lunge) transitioning into 6 Bear Crawls.

MONSTER WALK TECHNIQUE

- 1
 - Stand with feet shoulder width apart.
 - Arms are stretched straight up over head in line with ears.
 - Step forward, landing with the heel first.
 - Knee should be at 90 degrees.
 - Long strides so knee does not go past toes.
 - Right knee touches ground.
 - Looking straight ahead with back straight.
- 2
 - Return to standing position driving up with front leg.
 - Alternate legs.

BEAR CRAWL TECHNIQUE

- 3
 - Start on all fours.
- 4
 - Pick up right hand and left leg, extend forward.
 - Pick up left hand and right leg, extend forward.
 - Repeat.

ADVANCED

Perform Monster Walk/Bear Crawl backwards and laterally.



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