

6U/8U - CORE & BACK

# ROCK CLIMBING

## MOVEMENT

- ① • Start on all fours.
- ② • Bear Crawl the cliff by moving opposite feet and hands walking on all fours forward.
- ③ • Watch out for snakes and cactus.
- ④ • Walk laterally to the left 10 feet and then to the right 10 feet.
- ⑤ • To get up over the lip of the rocks, stop and walk hands forward then hop feet to hands.
- ⑥ • Repeat this movement 3 times.
- ⑦ • Rappel back down to bottom of mountain by walking on all fours backward to starting point.



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