

## “Crab Walk”



Keeping knees in line with the 2<sup>nd</sup> toe and tension on the band, slightly squat with hips back.



Step to one side, maintaining alignment, keeping shoulders over hips and a neutral spine. Repeat side stepping while maintaining hip and knee positions.

## “Crab Walk” (knees)



Keeping knees in line with the 2<sup>nd</sup> toe and tension on the band, slightly squat with hips back.



Step to one side, maintaining alignment, keeping shoulders over hips and a neutral spine. Repeat side stepping while maintaining hip and knee positions.