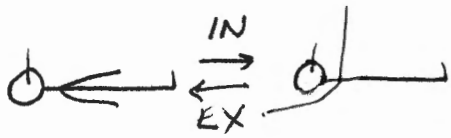
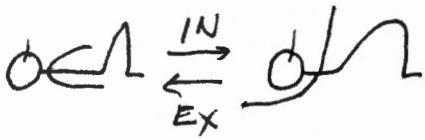
12/2012

CROSS/CRAWL PRACTICE

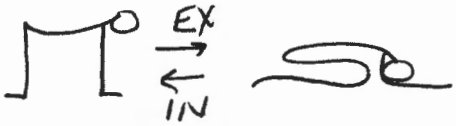
1.
TUNE IN. DEEPEN BREATH

2. 

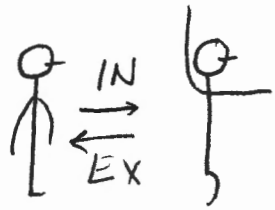
• 3X EACH SIDE, ALT. SIDES

3. 

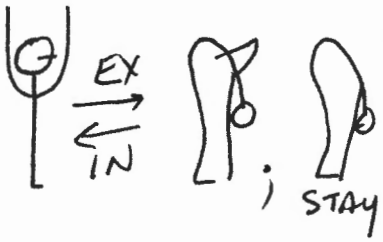
• 3X EACH SIDE, ALT. SIDES

4. 

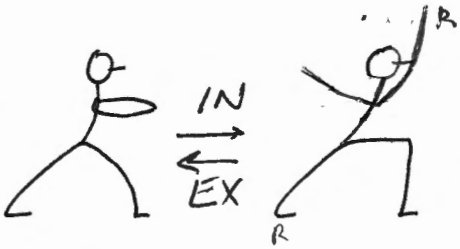
• 6X

5. 

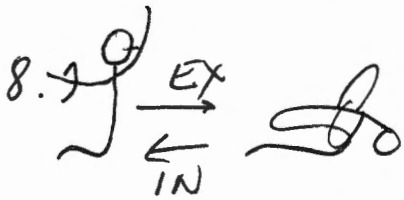
• 3X EACH SIDE, ALT. SIDES

6. 

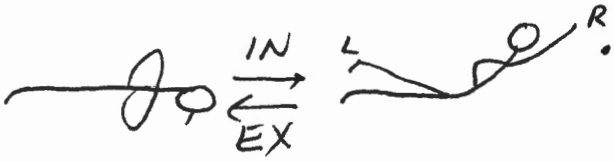
• REPEAT 2X EACH SIDE, ALT SIDES then stay straight
• Can fly arm out to side or forward

7. 

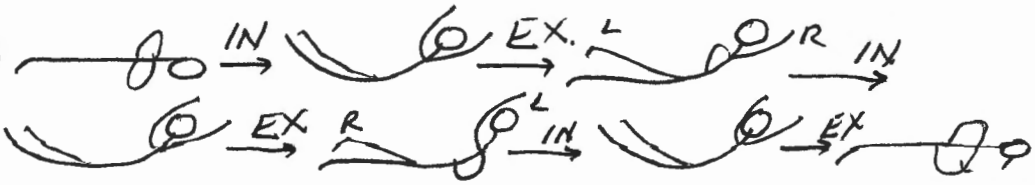
• 3X, stay 3 Breaths
• Lift one arm and pull other back

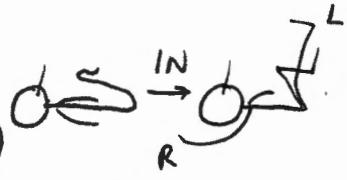
8. 

• 3X EACH SIDE ALT, Sides

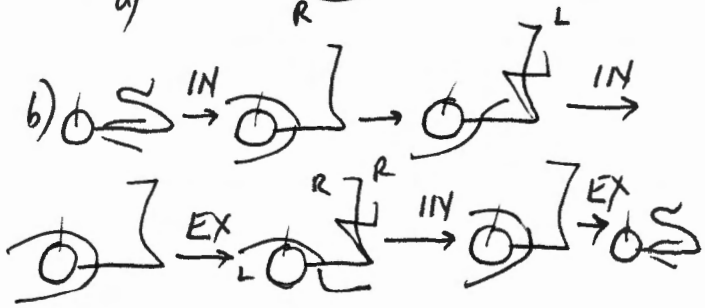
9. a) 

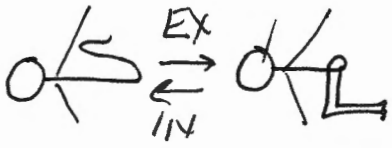
• 2X EACH SIDE, ALT. SIDES

b) 

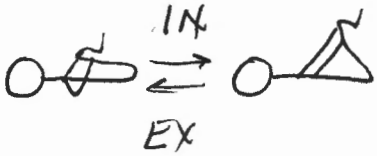
10. a) 

2X EACH SIDE, ALT SIDES

b) 

11. 

• REPEAT 3X
• STAY 3B

12. 

13.