



What is a Cross Crawl?

Any activity in which you cross the mid-line of the body, such as touching a hand to the opposite knee or foot.

Why should I do this?

Performing this movement is essential for physical coordination as well as cerebral activities, such as learning language, reading, and hand-to-eye coordination.

Cross Crawl stimulates more complex brain and nervous system development and integration. In addition to firing neural pathways in the right and left-brain hemispheres simultaneously, the exercise stabilizes the pelvis while mobilizing the shoulders which reinforces the skills we need for walking.

To learn more about the benefits of Cross Crawl click here

<https://www.yourtherapysource.com/blog1/2019/06/16/cross-crawl/>

How does this challenge work?

Choose one or more of these selected cross crawl movements. Then perform the movement(s) for a minimum of 1 minute, you can also exercise for longer if you choose. ***This challenge will last for 7 days, starting Monday the 17th - Sunday the 23rd.***

Sign up here for the challenge and be among one of the many members enhancing their brain and body coordination!

Please select from the photos that follow which cross crawl exercises you are interested in.

You can mix and match between all levels according to your ability.

Beginner Level:

Seated Cross Crawl



Or the Standing Cross Crawl

Step 1



Step 2



Step 3



Intermediate Level:

**Standing Cross Crawl-
Elbow to knee**



Bird/Dog with abdominal crunch



Advanced Level:

**Standing Cross Crawl with
Squat**



Body Cross Mountain Climbers

