

Strength Exercises for Any Time or Place!

Crab Walk - sit on the floor with your hands behind you and place your feet flat on the floor. Lift buttocks of the floor and move your body forward, backwards or sideways.

Bear Walk - Place your hands and feet on the floor and move your right arm and leg forward at the same time, then move your left arm and leg. Try bear walking forward and backwards.

Inch Worm - Squat down with your hands on the floor. Keeping your feet still, slowly walk your hands forward as far as you can so that your body is stretched out. Then keep your hands still and walk your feet up to your hands, returning to the squat position.

Tunnel Crawl - Lie on your stomach with your elbows bent. Move one elbow forward at a time and pull your body forward without using your legs. Try doing this backwards for a challenge!

Wall Push-Ups - Stand slightly more than arms length from a wall. Lean forward with hip, shoulders and head in alignment (keeping feet still) and place your palms on the wall with your fingers pointing straight up. Slowly bend and straighten your elbows.

Wheelbarrow Walk - Support yourself with your hands (like you were going to do a push-up) and have an adult lift your legs off the floor so you can walk on your hands. If this is too hard, have an adult hold your hips or knees to give you more support (higher support makes it easier). For a challenge, you can change your direction by walking forward, backwards or sideways!

Try including these exercises into your child's day (i.e., crab walking down a hallway to their bedroom, bear walking to the dinner table, or make an obstacle course with the activities).

Please feel free to contact me with any questions!

Have Fun!

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