



Exercise of the Week #1: Cross Crawls

Cross Crawls are one of the most common neurodevelopmental exercises recommended. The exercise helps with firing neural pathways in the right and left brain hemispheres simultaneously. A cross crawl movement stabilizes the pelvis while mobilizing the shoulders, reinforcing the walking-gait reflexes.

How to: (Stand or sit): Spread the two feet to shoulder width. Place your left elbow across the body to the right knee as you raise it. Turn your left shoulder and face to the right. When right knee and left elbow touch each other at the position in front of the belly button, spread open your body slowly. Stand straight, use left hand and right foot to repeat the movement. This alternate movement is a cycle and should do it for at least 30 seconds.

Variations:

- Do sitting
- Standing
- Lying on your back
- Do in slow motion for greater core work
- Do with a bounce between each cross crawl
- Do to music
- Reach behind the back to touch opposite foot
- Do front and back cross crawl together.

Tips:

Speed is not as important as full range of motion. **The slower this exercise is performed the greater the control necessary and the greater the benefits.** The more range of motion you achieve, the more stimulus your brain receives and the greater the incentive the brain has to establish its new pattern.