

LIZARD SAME SIDE

Procedure: This activity will be done in the crawl position (the initial way a baby crawls, on the stomach) and in a stationary position, without moving forward.

1. Lie on the floor on your stomach with left arm bent so the hand is at eye level and left leg is bent as when crawling (knee is approximately hip level). Face should be turned toward the left hand. Right arm is down at the right side with the back of the hand/arm resting on floor. Right leg is straight down.

2. Switch positions simultaneously. When dragging the left hand down the length of the left side of the body, make sure the palm of the hand has complete contact with the floor the entire time. When the right hand moves upward, the back of the hand brushes against the floor, along the right side of the body. As the arms and legs are changing positions, the head will switch sides so that the eyes are always looking at the hand which is up. It should be like a lizard dragging itself through the mud.

IMPORTANT NOTE: You may build up to required repetitions for this activity. Once at full repetitions, this activity should be done 21 days straight. After completing the 21 days, you may go back to five days per week.