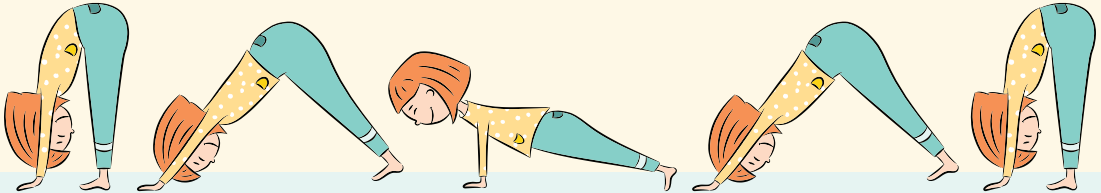


# INCHWORM



TRAIN BETTER. LIVE BETTER.

# INCHWORM INSTRUCTIONS

Stand up with your legs straight. Reach down with your hands and touch the ground in front of your toes. Then, walk your hands out in front of your body until you are in the plank position—body is in a straight line from the top of your head to the heels of your feet.

Your body should now be parallel to the floor. Now, with your hands firmly planted, start taking tiny steps with your feet and walk your feet up to meet your hands. Continue this movement across the floor. When you are done, just walk your feet up to meet your hands and stand up.

## BENEFITS

*Can you understand why this movement is named after an inchworm's movements? While it has a silly name and is kind of a funny exercise to do, it is actually a good core exercise and can help strengthen your arms, chest, back and abs, while increasing your balance and stability.*

