

# Inchworm



**Description:** Bend forward at the waist and place hands on the ground into a pike position. Walk your hands forward until you reach the high plank position. Engage the abdominals and keep your body as straight as possible. Then, take small steps walking your feet forward until you reach your hands. Repeat.

**Sets/reps:** 3 sets of 1 minute.

**Modifications:** If you have a tight back or hamstrings, you can allow more distance between your feet and hands in the pike position. For an added challenge, add a pushup in the high plank position.

**Common Mistakes:** Taking too large of steps and/or moving too quickly.

**Target Muscles:** Shoulders, Abdominals, Hamstrings.

**\*\*Tip:** If you don't have much space to work with, you can walk out to high plank, then return to the starting pike position without moving your feet.

*If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.*

