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Cross-Crawl Exercises

Right Cross Pattern:

Head turns to the right as the right arm goes straight up overhead and left knee bends to chest.

Then

Head stays straight ahead as left arm goes straight up overhead and right knee bends to chest.

Left Cross Pattern:

Head turns to the left as the left arm goes straight up overhead and right knee bends to chest.

Then

Head stays straight ahead as right arm goes straight up overhead and left knee bends to chest.

Do _____ cycles

Do _____ times per day