



THE BEAR CRAWL WORKOUT



DO YOU NEED HELP WITH YOUR FITNESS?

**JOIN THE 30-DAY CHALLENGE.
APPLY TODAY—SPACE IS LIMITED!**

**Body360 Fit Personal Training
West Hollywood, CA
Body360Fit.com**

CLICK HERE TO APPLY!

MONTH 1, WEEKS 1-4

WK 1

WK 2

WK 3

WK 4

EXERCISES

Day 1

Bear Crawl - 6 Point (Forwards Only - Linear)

2 x 10 yd

Bear Crawl - 4 Point (Forwards Only - Linear)

3 x 10 yd

3 x 20 yd

3 x 20 yd

Day 2

Bear Crawl - 6 Point (Lateral - Linear)

2 x 20 yd

Bear Crawl - 4 Point (Lateral - Linear)

3 x 20 yd

3 x 20 yd

3 x 20 yd

Day 3

Lateral Crawl - 4 Point (Lateral - Linear)

2 x 20 yd

Lateral Crawl - 4 Point (Lateral - Linear)

3 x 20 yd

3 x 20 yd

3 x 20 yd





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MONTH 2, WEEKS 1-4

WK 1

WK 2

WK 3

WK 4

EXERCISES

Day 1

Bear Crawl - 4 Point (Forwards/Backwards - Linear)	3 x 20 yd	3 x 20 yd	3 x 20 yd	3 x 20 yd
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Day 2

Bear Crawl - 4 Point (Lateral - Linear)	3 x 20 yd	3 x 20 yd	3 x 20 yd	3 x 20 yd
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Day 3

Lateral Crawl - 4 Point (Lateral - Linear)	2 x 20 yd	3 x 20 yd	3 x 20 yd	3 x 20 yd
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MONTH 3, WEEKS 1-4

WK 1

WK 2

WK 3

WK 4

EXERCISES

Day 1

Chain Resisted or Weighted Vest Bear Crawl:
(4 Point, Forwards/Backwards - Linear)

3 x 20 yd

3 x 20 yd

3 x 20 yd

3 x 20 yd

Day 2

Chain Resisted or Weighted Vest Bear Crawl:
(4 Point, Lateral - Linear)

3 x 20 yd

3 x 20 yd

3 x 20 yd

3 x 20 yd

Day 3

Chain Resisted or Weighted Vest Lateral Crawl:
(4 Point, Lateral - Linear)

2 x 20 yd

3 x 20 yd

3 x 20 yd

3 x 20 yd

- NOTE: A WEIGHTED VEST CAN BE SUBSTITUTED FOR THE USE OF CHAINS.

WEST HOLLYWOOD, CA | INFO@BODY360FIT.COM

- CONSULT YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM.

