CROCODILE STALK

The Crocodile Stalk is a multilateral training exercise based on press-ups variations. The general rule is: with the legs completely straight, perform a press-up every time you move one hand.

Technical points:

Begin with the feet hip width apart, lower yourself into a full squat, rock onto your toes and into a press-up position, with your wrists under your shoulders and your abdominal muscles activated. Perform a pressup.

Move one hand somewhere else on the flood, in a different position, while keeping your legs straight. The feet can move around to adjust for the press-up position but the legs are always straight. The forwards, backwards and side movement comes from the ankles. Perform another press-up in the new position.

Move the other hand around, anywhere, facing a different way maybe. Move your legs and feet accordingly, keeping legs straight. Press-up.

Move the other hand, in a different position. Adjust your feet. Press-up.

Continue moving your hands all over the place and each time one hand moves perform a press-up. Let the other hand stay where it is, don't move both hands.

You're aiming for as many variations as possible. Try to see in how many unique positions you can place your hands.

In *Fig 53: Crocodile Stalk* you have a few examples of hand positions. Every time one hand moves it is followed by a press-up.



[Fig 53: Crocodile Stalk]

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Breathing

When performing a press-up the general rule:

Breathe OUT on the effort, when you PUSH UP.
Breath IN when you lower yourself DOWN.

Breathing out deflates the stomach and contracts the abdominal muscles. Use your abdomen to push you up, like a platform would.

- ***Push UP- Breathe OUT***
- ***Go DOWN- Breath IN***

Common errors and/or weaknesses to be aware of:

- Head handing down (Fig 54 Bottom right), sinking into the shoulders, hips drop too low (Fig 54 Bottom left) or lift too high (Fig 54 Top right). The shoulders guide the movement, the hips should follow the shoulders. Whatever height the shoulders stop at that's where the hips stop as well. The hips move as high or as low as the shoulders do, they don't fall behind, nor do they move ahead.

- Neck is not straight (Fig 54 Bottom right). Look just in front of your hands, not down, not forward.

- Knees are bent (Fig 54 Top left). Keep your knees straight and move around like you would in a plank

Fig 54: Crocodile Stalk shows a few errors which should be avoided. Top right: bent knees.

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[Fig 54: Crocodile Stalk]

For the Crocodile Stalk avoid:

- Bending your knees
- Moving hands only forward and back, try to get creative and move them around, everywhere, in as many positions as possible. Move around a clock for example.
- Lifting your hips in the air

Benefits:

Strengthening arms, shoulders, upper back, core.

Improving wrist and ankle mobility and strength.

Most importantly the multilateral way of performing the press-ups allows your body to learn how to adapt to different positions. You build strength all around and your body will be able to react faster to sudden changes in movement when it needs to and still be strong. For example when you lose your balance or when you fall over. You develop reflexes to efficiently and effectively react to all sorts of situations by training in a multilateral way.

Notes:

It does not matter how low you go into the press-up. It can be an inch, but make that inch correct.

Chest is leading the way down and hips follow. When the chest stops, the hips stop as well. Imagine there is a platform underneath you which lifts you up.

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As a general rule you want your elbows to brush the sides of your body when they bend. As, in the case of the Crocodile Stalk, you are working with variations of press-ups this will not always be possible. However it's good to remember that when performing a classic press-up with the hands places shoulder width apart your elbows should bend and brush the sides of your body.

Get creative, move your hands:

- Forward and backwards
- In and out to the side
- Place your hand underneath your body, form a triangle shape with your thumbs and index fingers
- Turn your wrists and fingers to point in different directions
- Place your hands far away from your body, under your body or shoulder width apart
- Combination between the above and more

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