MONKEY SHUFFLE

Technical points:

Begin in a standing position, squat and rock onto your toes. Position yourself into a pressup position with wrists under your shoulders, then walk your feet forwards until the knees are under your hips. Activate your core muscles. You should be in the Panther Walk position.

While holding the knees bent, an inch above the ground, hips low and wrists under the shoulders, move to your right by moving your hands first - crossing the left hand over the right, move the right out. Then move your feet by shuffling – left foot in, right foot out (close – open).



[Fig 66: Monkey Shuffle]

Fig 66: Monkey Shuffle shows the full movement from the front (moving to the right) and from the side (moving to the left)

Continue with the same sequence cross – uncross the hands, shuffle the feet. Don't jump, shuffle above the ground.

As you get better you don't need to keep this sequence, it will just flow, the movements will blend into each other.

Make sure you shuffle to the right and then to the left.

When you feel confident with the movement sequence perform it faster and faster while holding the form:

- knees brushing the ground
- hips low
- knees under the hips
- wrists under the shoulders
- looking right in front of your hands
- cross the hands, shuffle the feet

The aim is to move fast, smooth, light and fluid while keeping your form as best as you can.

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Benefits:

Strengthening all around core, particularly the obliques.

Strengthening upper and lower body.

Improving coordination and agility.

Training the cardiovascular system as well.

Common errors and/or weaknesses to be aware of:

- Jumping instead of shuffling. This may happen when you begin to speed up, remember to brush the ground with your knees, that should keep you from hopping.

- Stretching arms too far in front and/or legs too far behind. Keep wrists under the shoulders and knees under the hips, don't stretch the stance too much.

- Lifting knees and hips too high. This enables your body to use the core less, which you don't want. You want the body to use the core, to move from the core. As such make sure you brush the ground with your knees and keep the hips low.

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