

**DON'T DO THAT**  
EXERCISE AND TRAINING  
TECHNIQUES THAT YOU  
SHOULD NOT DO

## Do Not Do the Bear Crawl

**There are safer alternatives. Try Skipping Rope, Jumping Jacks, and Squat Jacks or try the Stationary Bear Crawl. IF YOU ARE GOING TO DO THIS EXERCISE PLEASE KEEP SPINE IN NEUTRAL.**



This exercise causes too much compressive load on the back. It places back into hyperflexion as well. There is also a great deal of stress to the wrist. **READ ON FOR DETAILS:** This has become a fashionable exercise with the rise of trends like calisthenics, crossfit, bootcamp, and “primal patterns” movement training. But a leading fitness trainer and myself says yes, this exercise trains muscle coordination, gives full body workout, and raises your heart rate fast. But do you feel that dull pain on your lower back after you finish doing this exercise? Same with after doing sit ups. It is probably because most people don't really have the hip mobility and spine stability needed to do the bear crawl without putting high pressure on their lumbar spine disks. Overtime any benefit might be overshadowed by long term damage. There are much safer exercises that give you the same or even more benefit. Sled Pushing done correctly can be a great alternative to this exercise for advanced exercisers.