

# Crab

Pose & Hold 🕒

**Bottom off ground**



**Crab**



**Foot Up**



**Foot & Arm Up**



**Difficulty**



Arms flat on ground  
Bottom off ground  
Back in line with legs  
Feet flat on ground

**Difficulty**



Arms Straight  
Back and bottom  
off the ground  
Flat tabletop surface

**Difficulty**



Arms Straight  
Back and bottom  
off the ground  
Flat tabletop surface  
One leg straight &  
toes pointed

**Difficulty**



Arms Straight  
Back and bottom  
off the ground  
Flat tabletop surface  
One arm & leg  
straight, toes pointed