

## AQUATIC TO QUADRUPEDAL

### Major Changes:

- Spine is no longer main form of propulsion
- Eccentric contractions emerge, ability to decelerate gravity
- Closed and open chain triple flexion emerges (elbows/knees, ankles/wrists emerge and bend)
- Elbows narrow, come underneath spine
- Less spinal propulsion, more legs



## AQUATIC TO QUADRUPEDAL

### Global:

- Restore Quadruped Squat Pattern, Stable Spine Mobile Limbs
- Locomotion with Variability of Direction, Time, and Speed

### Upper Body:

- Varied Push Ups, Bent Arm Crawls
- Hang, Climb, and Swing with Stable Rotator Cuff

### Lower Body:

- Flat Feet = Raise Heels, Stiffen Foot and Raise Arch
- Build Endurance with Squat Patterns: Up/Down, Lateral, Diagonal, Forward/Backward