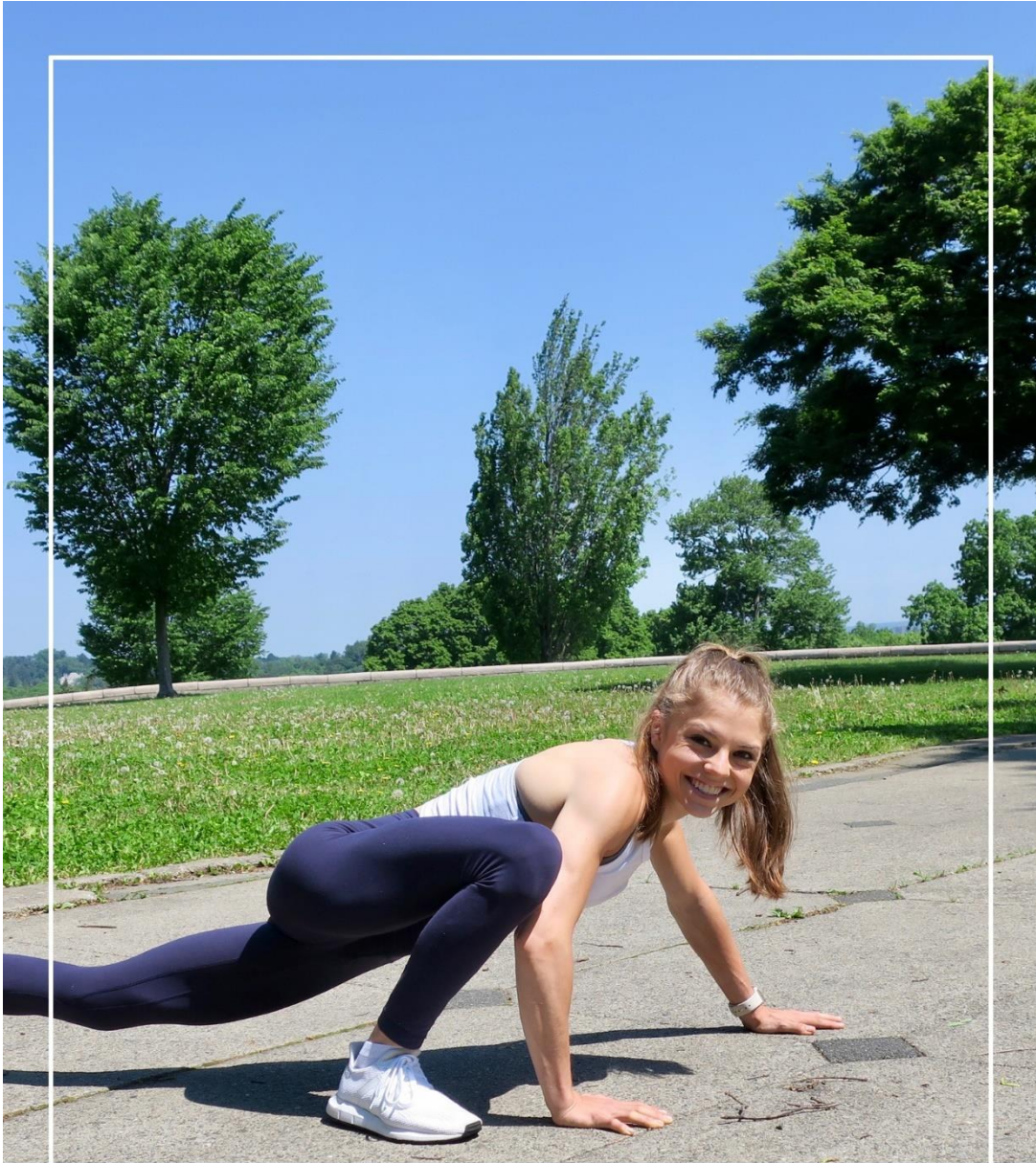


# **WRITE ON FITNESS**

Client: Elite Training Boston

Project Description: The following sample includes excerpts from a ghostwriting project for William Byrd, owner of CrawlStrength.com. The e-book focuses on the benefits and execution of crawling, an exercise practice that may have originated in China and has become popular in the modern day.

# **WRITE ON FITNESS**



**CRAWLING: BURN FAT, BUILD  
MUSCLE, AND CHANGE YOUR LIFE**

**WILLIAM BYRD**

# **WRITE ON FITNESS**

## **Crawling:**

***Burn Fat, Build Muscle, and Change Your Life***

### TABLE OF CONTENTS

Medical Disclaimer

#### **SECTION ONE: CRAWLING: THE FOUNTAIN OF YOUTH?**

Introduction

Chapter One: History of Crawling

Chapter Two: The Power of Crawling

- Crawling for the Vagus Nerve and Vestibular System
- Crawling for Mobility and Coordination
- Crawling for Cognitive Health
- Crawling and Physical Fitness

#### **SECTION TWO: CRAWLING WILL CHANGE YOUR LIFE**

Chapter Three: Types of Crawls

- Introduction to Crawling Exercises
- Tips for Beginners
- Crawling Exercises for Beginners:
  - Spiderman Crawl
  - Crab Crawl
  - Lateral Criss Cross Crawl
  - Cross Crawl Walk
  - Gorilla Crawl
  - Bear Crawl
  - Lateral Bear Crawl
  - Extended Reach Lateral Crawl
  - Lateral Gorilla Crawl

# **WRITE ON FITNESS**

- Advanced Crawling Exercises
  - Spiderman Pushup Crawl
  - Bear Crawl with Kettlebell
  - Lateral Bear Crawl with Kettlebell
  - Backwards Bear Crawl with Kettlebell
  - Cross Crawl Walk with Kettlebell
  - Backwards Cross Crawl Walk
  - Lateral Crawl with Kettlebell Pull Through
  - Lateral Criss Cross Crawl with Pushup

## **SECTION THREE: HOW TO MAXIMIZE CRAWLING RESULTS**

### Chapter Four: Importance of Nutrition

- Shopping for Food
- Meal Timing
- Diet for Recovery
- Cheat Meals
- Hydration
- Supplements

### Chapter Five: Recovery Practices

- Sleep
- Get Plenty of Sun
- Epsom Salt Baths
- Visit a Sauna
- Cryotherapy
- Massage Therapy
- Graston Technique
- Cupping

### Chapter Six: Lifestyle

- Proper Posture
- You Are Who You Spend Your Time With
- Believe in Yourself

Conclusion: Consistency is Key

References

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## SECTION ONE: CRAWLING: THE FOUNTAIN OF YOUTH?

### *Introduction*

We're all looking for the best ways to feel younger. Those movements, exercises, and seemingly ordinary abilities that we have when we're young become a luxury as we get older. Do you have to be just another victim to the effects of the aging process? I certainly don't think so. One of the best ways that you can protect your body, mind, and overall health is to start crawling. You heard right: get on the ground and start crawling.

If you thought that crawling was over with once you became a toddler, you thought wrong. Crawling is one of the most basic and primal movement patterns for human beings. It's easy to take this way of moving for granted; after all, it seems more like a stepping stone to something more important: walking and running. But thanks to scientific studies and clinical trials, the benefits of crawling and animalistic movement patterns have been revealed.

As I'll discuss more in the following chapters, crawling is a fantastic way to activate the muscular and cardiovascular systems. It strengthens the vagus nerve, which is responsible for the following:

1. Acts as the messenger between your brain and your major organs
2. Helps with proper digestion as it controls the throat muscles, helping food into the stomach
3. Ensures proper communication by controlling the muscles used during speech
4. During high-stress situations (fight-or-flight), the vagus nerves lowers blood pressure
5. Another way it promotes proper digestion is by controlling the stomach muscles themselves

In other words, the vagus nerve is essential for the proper functioning of your heart, lungs, digestive system, and several other important organs.

Crawling can improve your movements, enhance neuromuscular connections, and skyrocket your sense of independence. No small feat, right? Best of all, these are just a few of the many benefits that crawling offers.

As elementary as it might seem, there's nothing childish about dramatically changing your body, your health, and your life. If you want to get stronger, if you want to feel more confident

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in your own body, and if you want to feel years younger, crawling is exactly what you've been looking for.

Over the next several chapters, we'll discuss what crawling is, the history of crawling, and the scientifically-proven benefits of crawling. Afterward, you'll be provided with everything you need to get started with your own crawling workouts – no weights required!

Are you ready to develop untold strength and improve your fitness level? Let's get started!

## ***The Power of Crawling***

Let's discuss the reason you're reading this book: the benefits of crawling.

As mentioned in the previous section, crawling can be found throughout numerous forms of physical activity over hundreds, if not thousands of years. The question is why?

Why has this seemingly ordinary practice withstood the test of time? Why are researchers and sports scientists suddenly making a big deal about crawling? As the popularity of crawling grows, so does the proven benefits of this form of exercise.

It's important to start with the foundation of the benefits of crawling, or where most of the other benefits stem from: the vagus nerve and vestibular system.

### **Crawling for the Vagus Nerve and Vestibular System**

The body is home to twelve specialized nerves called cranial nerves. Each nerve is connected to different parts of the body, providing a communication network for your senses, functional movements, and bodily functions. The vagus nerve in particular is one of the most important in the body. It is the longest cranial nerve, and it is associated with numerous organs and systems in the body; one of those is the vestibular system.

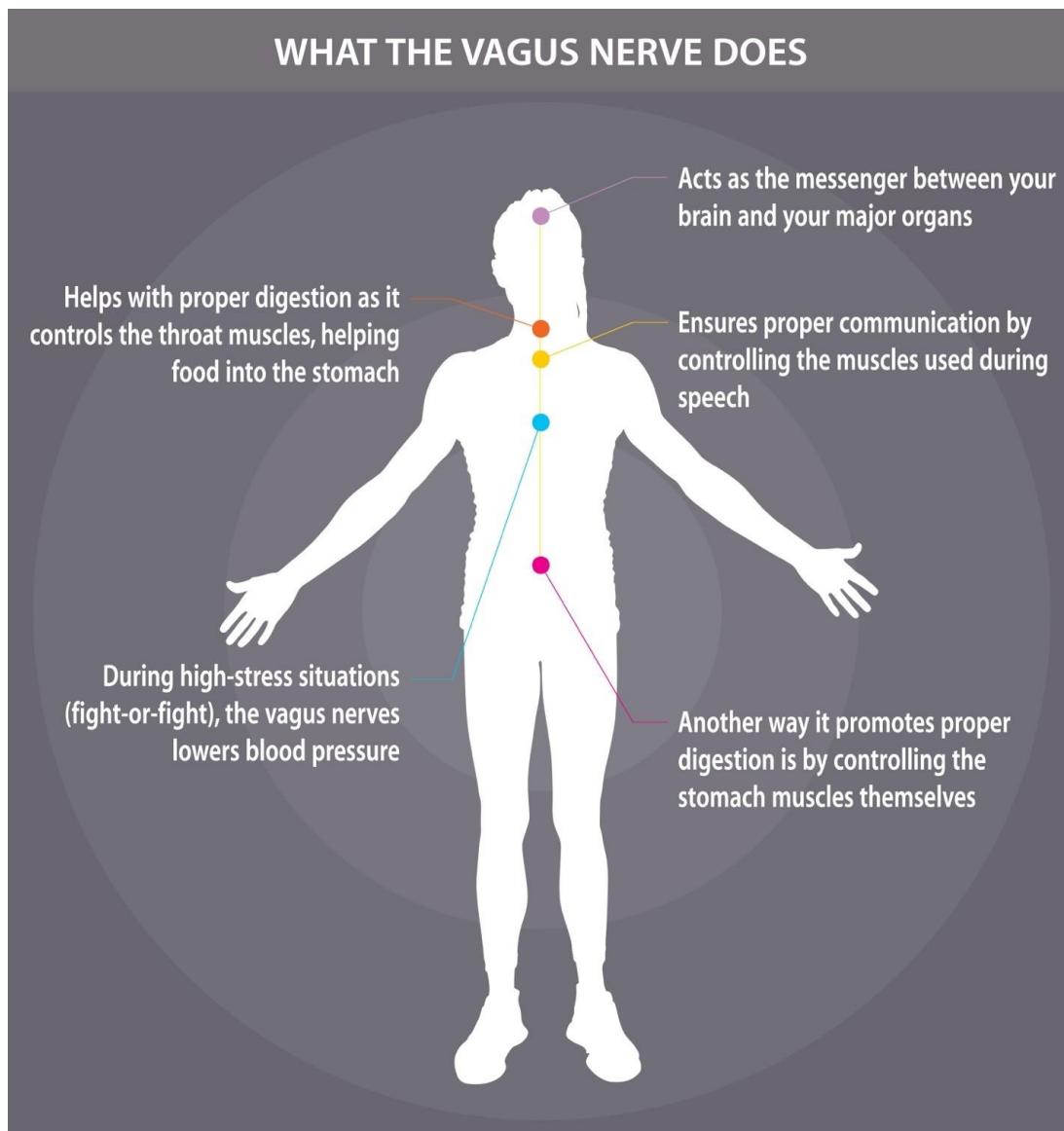
The vestibular system is a very complex network that helps us maintain balance as we move throughout our day. It also ensures the body compensates appropriately in response to forces outside ourselves. For example, when someone pushes us, it is the vestibular system that allows us to regain our balance and not fall over.

Due to the positive demands that crawling places on the body such as hand-and-eye coordination and left-brain-right-brain activation, these exercises have been shown to stimulate

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the vagus nerve. The benefits of properly stimulating the vagus nerve are numerous, but here are a few of the most important:

- Enhances the vestibular system; thereby improving balance and coordination
- Alleviates depression and improves overall mood
- Reduces inflammation in the body
- Decreases risk for metabolic diseases such as heart disease



These benefits were amplified when crawling was combined with vagus nerve stimulation breathing or belly breathing. More on that in the chapters that follow.

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## *Crawling Exercises for Beginners*

All of the crawls are featured on the Crawl Strength website. Click here to watch the [detailed exercise video tutorials](#) on all of the following crawls.

### **Spiderman Crawl**

Major Muscle Groups:

- Back: Latissimus dorsi, trapezius, and rhomboids
- Shoulders: Anterior, medial and posterior deltoids
- Chest: Pectoralis major and minor

Secondary Muscle Groups:

- Core: Rectus abdominus, obliques, and transverse abdominus
- Legs: Quadriceps, hamstrings, calves
- Hips: Gluteus medius and minimus

How to Perform:

**Set-Up:** Begin in a push-up position. Focus on having a tight core. Bring your left knee to your left elbow. The right hand should be firmly on the ground slightly ahead of the left hand. Your right leg will be extended behind the body. This is the starting position.





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**Execution:** Maintain a tight core throughout the movement. Bring the left hand forward as you crawl and move the right leg up. The right knee should be next to the right elbow. The left leg will be extended behind the body. Repeat the movement by moving your right hand in front as you bring the right knee to the right elbow.



**Finish:** Continue the back and forth rhythm until you've completed all prescribed repetitions.

#### Key Points:

- Keep the core tight throughout the exercise.
- Let the body twist naturally as you crawl – Don't force a completely straight body.
- Make sure to support your weight on the back leg by staying on your toes.

#### Not Recommended For:

- Those with previous surgery or injury to the lower back or shoulders.
- Women who are pregnant.