

Floor Covering Media

Your Gateway to the Floor Covering Industry

Crawling on gym floors the latest fitness craze



Crawling is a fitness craze at gyms. The routine is called [Original Strength](#). Mimicking the movements of young children it is believed can reset the body and help recapture some of the strength and mobility people are likely to lose over time.



Tim Anderson is the one who played a part in devising the routine who taught it to coaches for the [Cleveland Cavaliers](#) and personal trainers around the world. He warns crawlers about odd looks likely to result from this trendy routine. Some may wonder whether you lost a contact lense.



According to [Men's Fitness](#), there are germs on gym flooring. Some of them are unplesant and might even make you ill. When crawling at the gym, carefully consider the cleanliness of the floors. Wearing a pair of gloves may be a good idea. Try to avoid taking very deep breaths during crawling or when doing pushups especially if your face is close to the germs on the floor.

Floor Covering Media publishes Press Releases called Flooring Updates.

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Flooring Updates



FlooringMedia 1

Flooring Network

For those in the market and those that serve it

Floor Covering Media, a business network serving the floor covering industry, provides readers timely, objective news and information about flooring topics.

Floor Search

Answers to Questions About Flooring

Readers may conveniently retrieve this timely, objective news and information at [Floor Search.info](http://FloorSearch.info), which is Floor Covering Media's public search engine.