



Mountain Climbers

- **Begin in the plank position (pelvic neutral, stack shoulders over elbows/elbows over wrist, neutral mid-back, no hunch, no collapsing)**
- **While maintaining the plank position draw 1 knee toward chest. In 1 solid movement switch legs with a scissor motion.**
- **Don't touch your front foot to the ground. This will eliminate your desire to bounce through your joints.**
- **Don't raise your bum to clear your leg.**
- **Complete for 1 minute.**

This is a fabulous core exercise and is aligned with the 'train the movement not the muscle' training philosophy. For all of you who have struggled with the hurdle step/single leg stance movement pattern, this is your homework.

How do you know if you need to work on this? Lift a leg. What happens? Does your pelvis shift? Do you pike forward? If so, your movement is dysfunctional. Mountain climbers are a great exercise for you!



bikini
BOOT CAMP