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# INSTRUCTIONS

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## MOUNTAIN CLIMBER – SLIDER

**CATEGORIES:** Balance, Flexibility, Strength, Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/mountain-climber-slider/>

Abs

Hip Flexors

Turn Out



### Steps:

- Come in to a plank position on your hands
- Slide your right knee to your right elbow, repeat on the left.
- Continue to alternate until you've reached your set completion.

### Repetitions and Modifications:

- 10 on each leg
- Use towels or paper plates to help your feet slide

[+] Slide your knee to the outside of your wrist

[-] Hold a plank