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INSTRUCTIONS

SIT UP MOUNTAIN CLIMBER

CATEGORIES: Endurance, Partners, Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/sit-up-mountain-climber/>



Steps:

- One partner lays on their back with their knees bent and feet flat on the floor ready to do a sit up.
- The other partner planks at their feet, supporting their hands ON the partners feet.
- The partner on the ground crosses their arms over their chest and does as many sit ups as they can for 30 seconds.
- The planking partner alternates tucking one knee in and then the other to execute a mountain climber.
- After 30 seconds partners switch positions.