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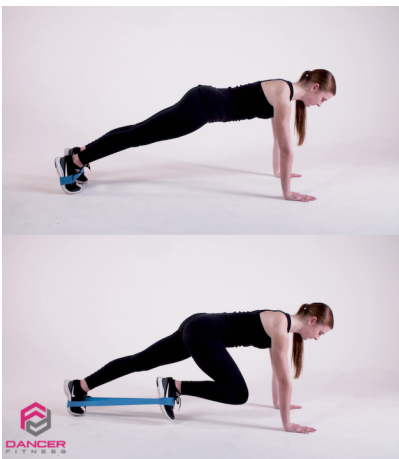
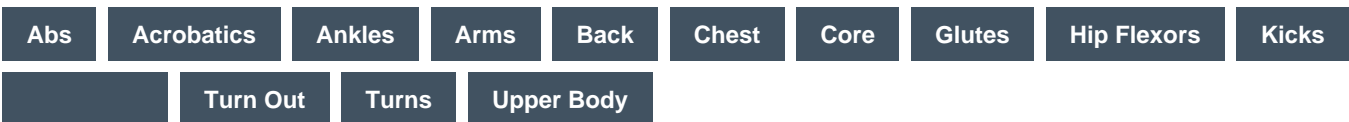
INSTRUCTIONS

BANDED MOUNTAIN CLIMBER

CATEGORIES: Balance, Power, Strength, Warm Up

LEVEL: Intermediate

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



Steps::

- Starting in a plank position with a band around the top of your feet, with control, alternate driving your knees into your chest.
- Make sure to keep your core engaged.

Repetitions:

Do this exercise 12-20 times or for 60 seconds if you're doing a circuit.