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# INSTRUCTIONS

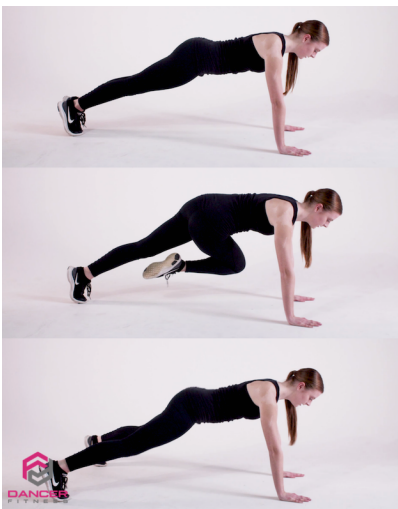
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## DIAGONAL MOUNTAIN CLIMBER PLANK JACK

**CATEGORIES:** Balance, Endurance, Power, Strength, Warm Up    **LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/diagonal-mountain-climber-plank-jack/>

- Abs
- Acrobatics
- Core
- Hip Flexors
- Jumps and Leaps
- Kicks
- Knee Strength
- Leaps
- Turn Out



### Steps::

- Begin in a plank position on your hands
- Bring the right knee to the left elbow while twisting and then place foot back to the starting position.
- Repeat with the left foot.
- Jump feet out about a foot and bring back in.

Repetitions and Modifications:

Repeat 8 – 10 times or for 60 seconds when doing circuits.