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INSTRUCTIONS

MOUNTAIN CLIMBER TWIST

CATEGORIES: Endurance, Strength, Warm Up

LEVEL: Beginner

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

Abs

Core

Extension

Hip Flexors

STEPS:



- Starting in a high plank, alternate driving your knee towards your chest.
 - Every 3 reps, pause and cross your knee to the opposite elbow. This is one rep
- Do 8 – 10 reps per leg.