

gdfgdg



# INSTRUCTIONS

## MOUNTAIN CLIMBER JUMP SQUAT

**CATEGORIES:** Endurance

**LEVEL:** Intermediate

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

Full Body

Hip Flexors

Jumps and Leaps

Kicks

Knee Strength

Leaps

Lower Body



### STEPS:

- Start in a high plank pose.
- Alternate drawing your knee in towards your chest, 4 times.
- Jump your feet up to the outside of your hands.
- Lift your chest up to a squat.
- Press through to the balls of your feet and explode off the ground.
- Return your hands back to the floor, and jump your feet back to high plank.

Repeat 10 times.

[+] Add a band around your wrists

[-] Take out the jump