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INSTRUCTIONS

MOUNTAIN CLIMBER KNEE TUCK

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

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

Abs

Core

Hip Flexors

Jumps and Leaps

Knee Strength

Turns



STEPS:

- Start in a high plank with your shoulders directly over your palms.
- Bend and drive your right knee towards your left elbow.
- Hold for 2 counts.
- Return to your high plank.
- Alternate with bending your left knee and driving it towards your right elbow.
- Return to plank and alternate.

Repeat 20 times.