

INSTRUCTIONS

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

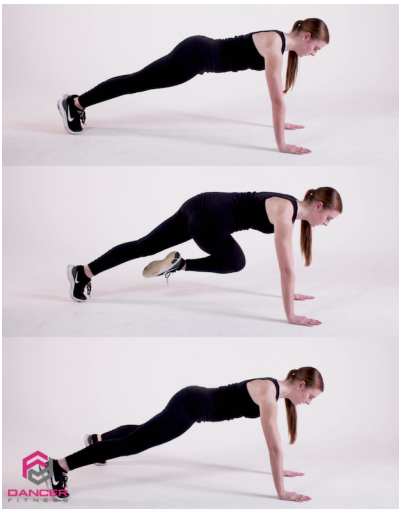
Jumps and Leaps

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.