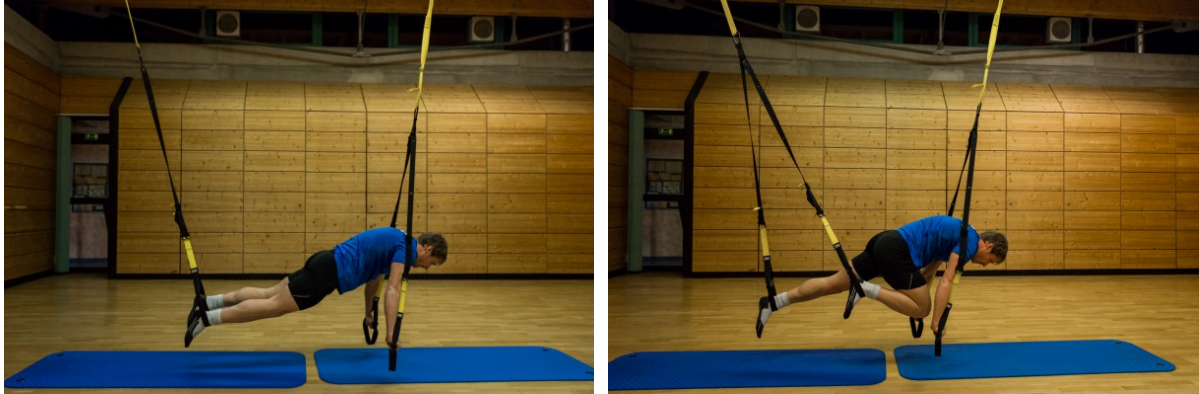


## Mountainclimber - Push-up position - 2 - Group: Mountainclimber



### Tags

**Type of exercise:** Partial body exercise

**Number of persons:** One

**Muscle Primary:** Leg, Abdominis

**Muscle Secondary:** Shoulder, Back

**Difficulty:** Difficulty level 2

**Other:** Knee height, Ankle height, 2 Slings

### Description

1. From the push-up position, one knee is pulled towards the chest, thereby flexing the hip joint. 2. The hip and knee joints are stretched again.

### Advice

Avoid sagging the hips by keeping the body tension upright at all times.