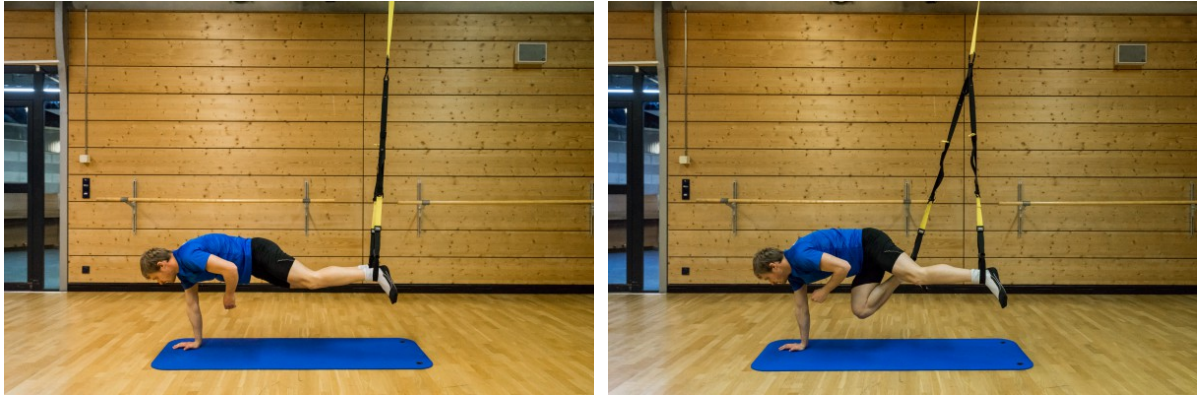


Mountainclimber - one-armed - Group: Mountainclimber



Tags

Type of exercise: Partial body exercise

Number of persons: One

Muscle Primary: Leg, Abdominis, Arm

Muscle Secondary: Shoulder, Back

Difficulty: Difficulty level 3

Other: Knee height, 1 Sling

Description

1. From the starting position, one knee is alternately pulled to 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.