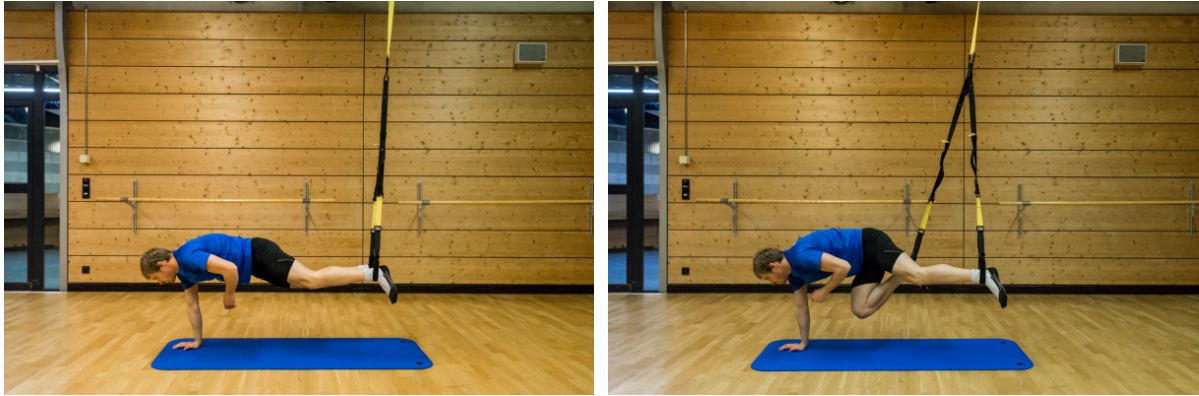


## Mountainclimber - one-armed - Group: Mountainclimber



### Tags

**Type of exercise:** Partial body exercise, Strength exercise

**Number of persons:** One

**Muscle Primary:** Leg, Abdominis, Arm

**Muscle Secondary:** Shoulder, Back

**Difficulty:** Hard

**Other:** Knee height, 1 Sling, Dynamic

### 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.