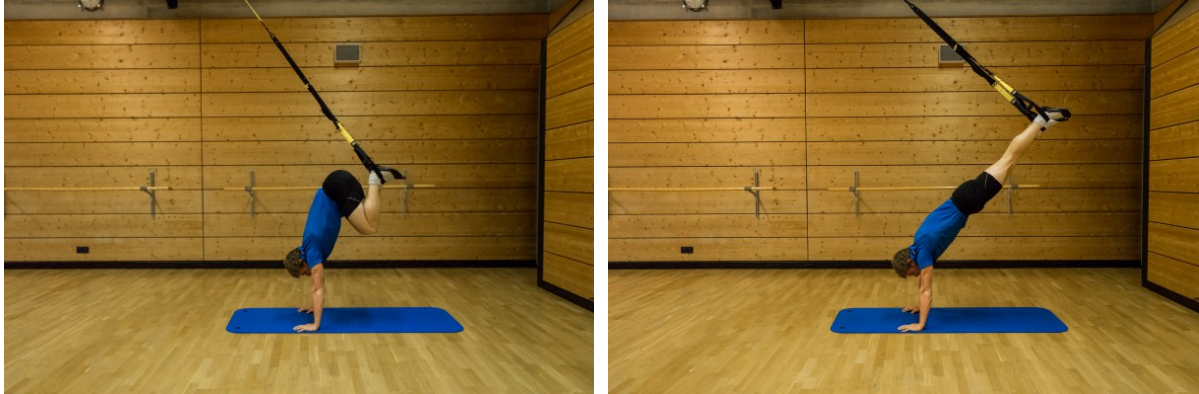


Mountainclimber - Push-up position - shoulder press - both-legged - Group: Mountainclimber



Tags

Type of exercise: Partial body exercise

Number of persons: One

Muscle Primary: Abdominis, Arm, Leg

Muscle Secondary: Shoulder, Back

Difficulty: Difficulty level 2

Other: 1 Sling, Knee height

Description

1. From the starting position, both knees are attracted 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.