

## Mountainclimber - Push-up position - Free Leg - Group: Mountainclimber



### Tags

**Type of exercise:** Partial body exercise

**Number of persons:** One

**Muscle Primary:** Abdominis, Leg

**Muscle Secondary:** Arm, Back, Shoulder

**Difficulty:** Difficulty level 1

**Other:** Knee height, 1 Sling

### Description

1. From the starting 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.