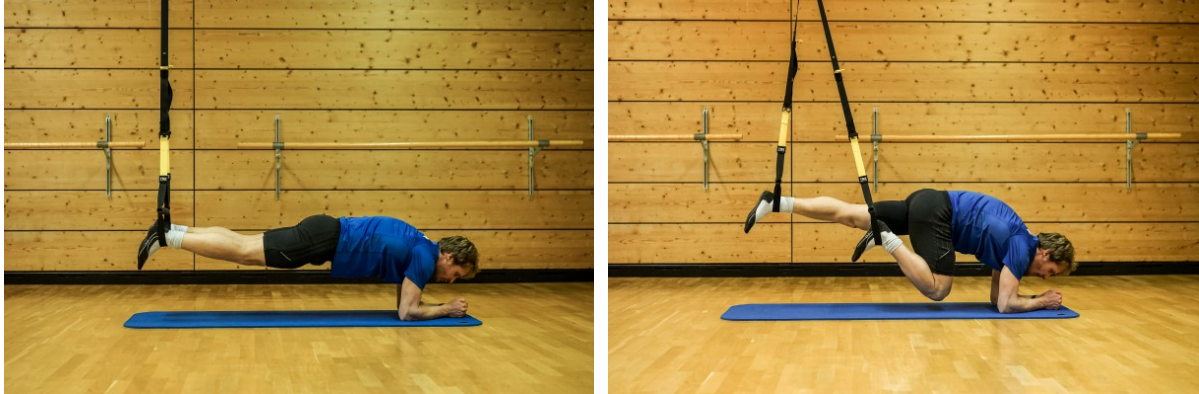


## Mountainclimber

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## Mountainclimber - Forearm push-up position - Group: Mountainclimber



### Tags

**Type of exercise:** Partial body exercise

**Number of persons:** One

**Muscle Primary:** Abdominis, Leg

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

**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.

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



### Tags

**Type of exercise:** Partial body exercise

**Number of persons:** One

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

**Muscle Secondary:** Back, Shoulder

**Difficulty:** Difficulty level 1

**Other:** Knee height, 1 Sling

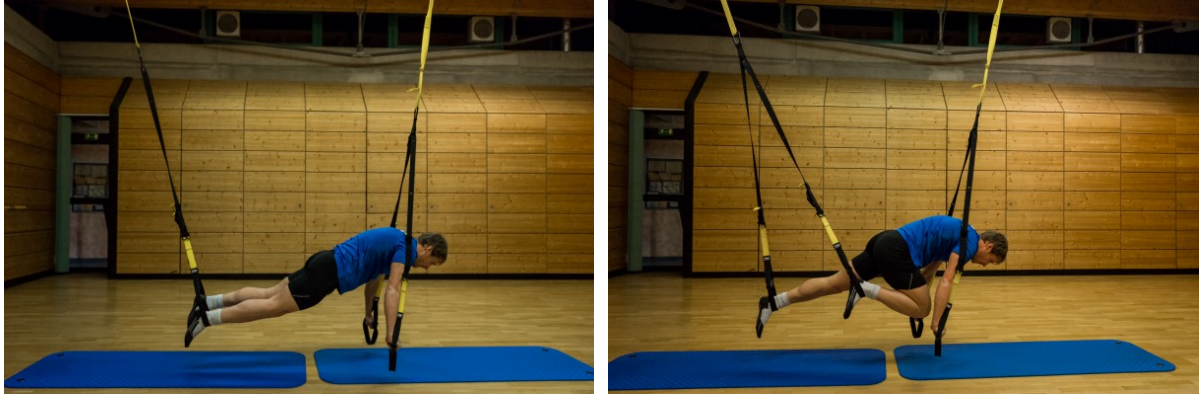
### Description

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.

## 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.

## 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

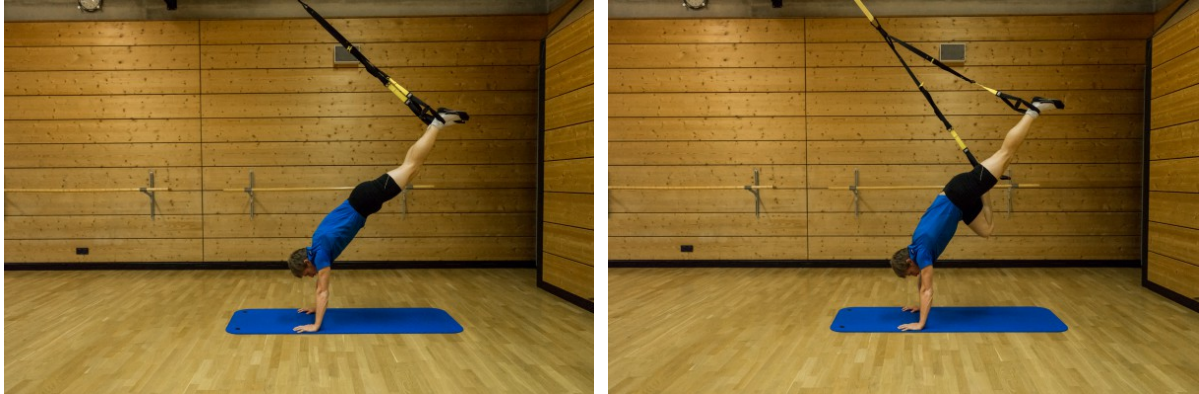
### Description

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.

## Mountainclimber - Push-up position - shoulder press - 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

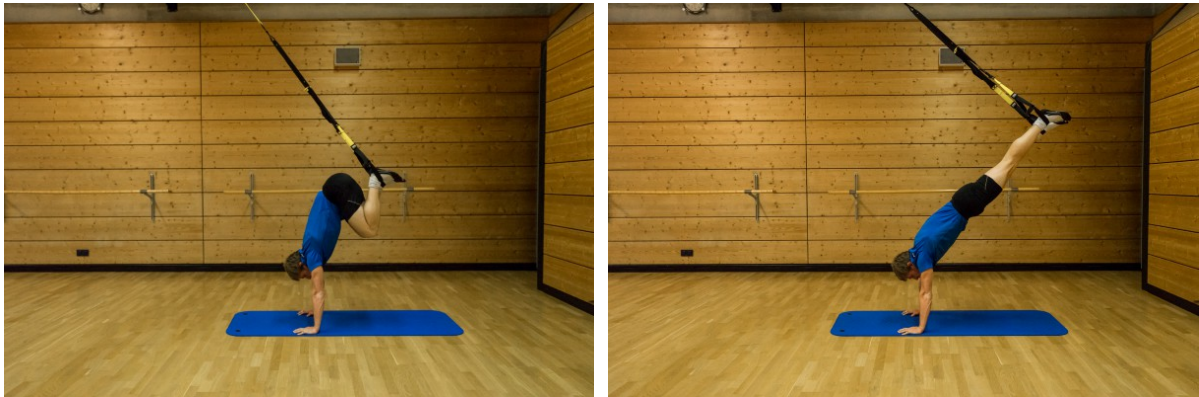
### Description

1. From the starting position, 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.

## 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

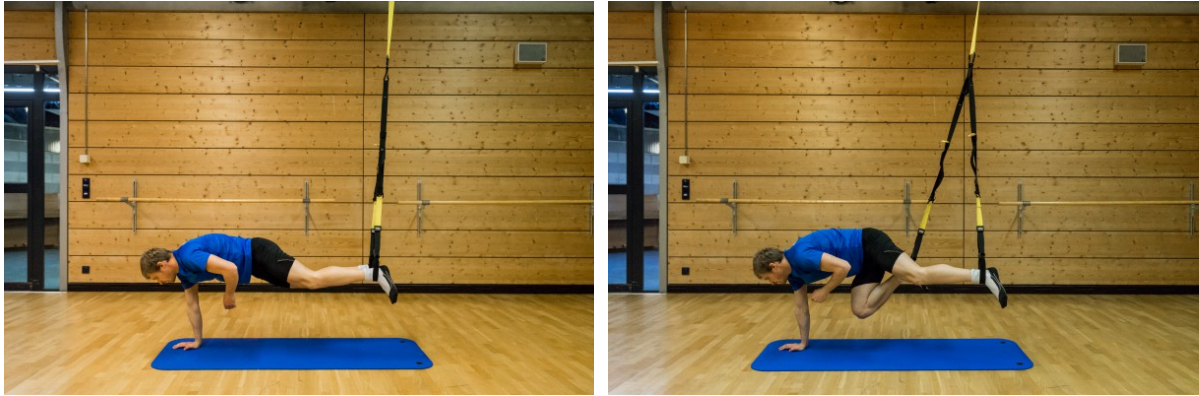
### Description

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.

## 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.