

MOUNTAIN CLIMBERS



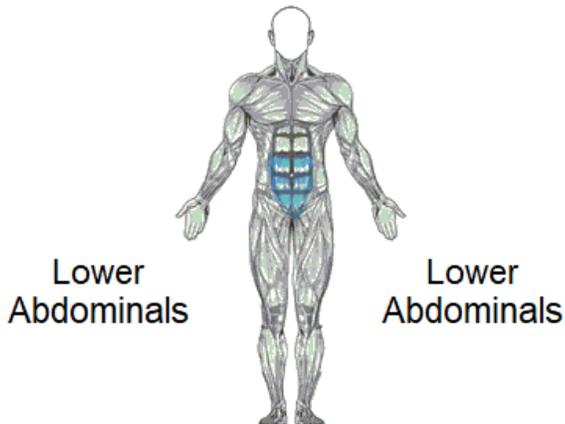
1. Lie face down on the floor while holding your torso up at arm's length with your elbows locked and your hands placed at about shoulders width apart. Position your feet back and away from your body, where your torso and your lower body are on the same alignment as each other. This will be your starting position.
2. Initiate the movement by raising your right foot slightly off the floor and pull your right knee towards your midsection by contracting your right side's lower abs and hip flexors, and while keeping your arms and the rest of your body stationary.
3. Bring your right leg back to it's starting position while keeping your lower abdominal muscles and hip flexors fully engaged.
4. Repeat this exact motion with your left leg and that will be considered as a 'single repetition'.
5. Continue alternating in this manner for the recommended amount of repetitions.

CAUTION: STOP immediately if you felt any sharp pain in your midsection (abdominal muscles), hips and/or lower back while performing this exercise. Do NOT tend to kick with your knees at any point throughout this movement, but instead, use a slow and controlled motion to fully engage your lower abdominal muscles and hip flexors.

ALTERNATIVE EXERCISES: [Air Bike](#) / [Captain's Chair Knee Raises](#)

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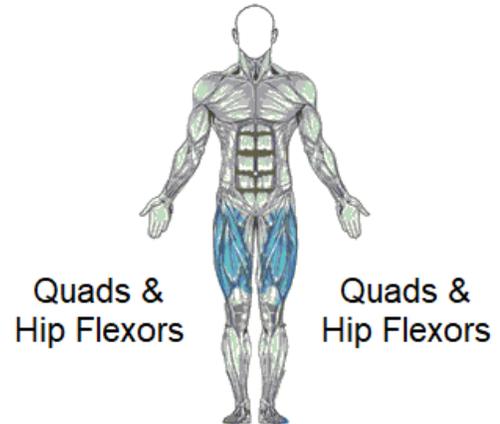
PRIMARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

SECONDARY MUSCLE



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.



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