

HOW TO PERFORM MOUNTAIN CLIMBERS

Mountain Climbers are a killer exercise that get your heart rate up fast while also firing nearly every muscle group in the body—deltoids, biceps, triceps, chest, obliques, abdominals, quads, hamstrings and hip abductors. It's a total body workout!



- Start in a traditional plank — shoulders over hands and weight on just your toes.
- With your core engaged, bring your right knee forward under your chest, with the toes just off the ground. Return to your basic plank. Switch legs, bringing the left knee forward.
- Keep switching legs and begin to pick up the pace until it feels a little like running in place in a plank position.
- Continue "running" in your plank for recommended time or number.