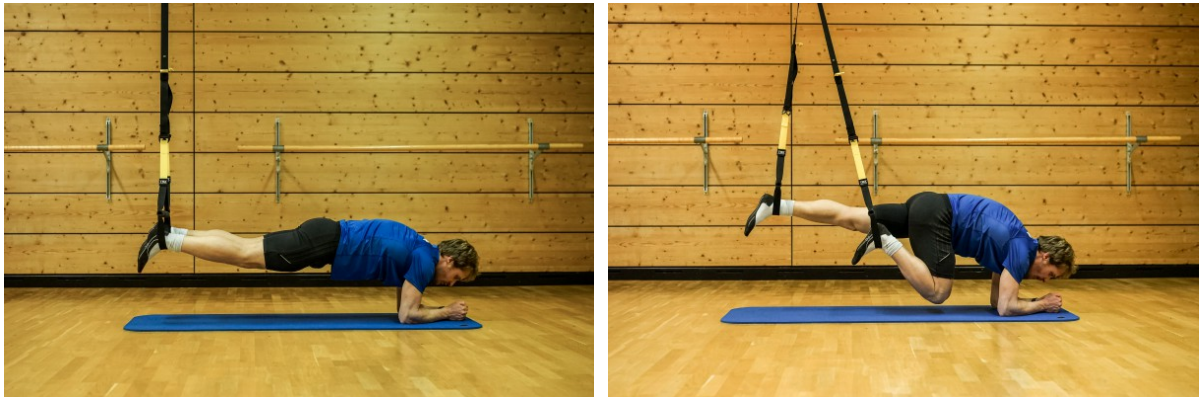


Mountainclimber

| | |
|---|---|
| Mountainclimber - Forearm push-up position | 2 |
| Mountainclimber - Push-up position | 3 |
| Mountainclimber - Push-up position - 2 | 4 |
| Mountainclimber - Push-up position - Free Leg | 5 |
| Mountainclimber - Push-up position - shoulder press | 6 |
| Mountainclimber - Push-up position - shoulder press - both-legged | 7 |
| Mountainclimber - one-armed | 8 |

Mountainclimber - Forearm push-up position - Group: Mountainclimber



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Abdominis, Leg

Muscle Secondary: Back, Shoulder, Arm

Difficulty: Easy

Other: Knee height, 1 Sling, Dynamic

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, Strength exercise

Number of persons: One

Muscle Primary: Abdominis, Leg, Arm

Muscle Secondary: Back, Shoulder

Difficulty: Easy

Other: Knee height, 1 Sling, Dynamic

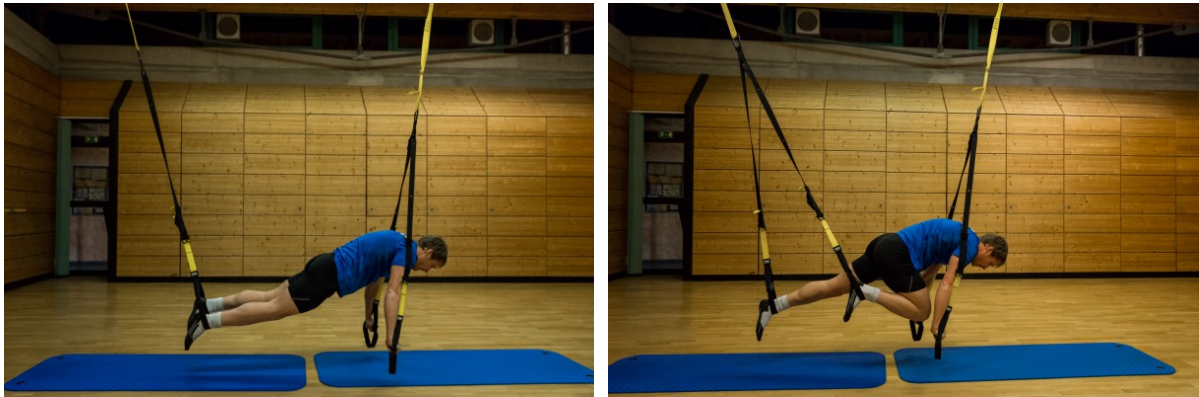
Description

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, Strength exercise

Number of persons: One

Muscle Primary: Leg, Abdominis

Muscle Secondary: Shoulder, Back

Difficulty: Medium

Other: Knee height, Ankle height, 2 Slings, Dynamic

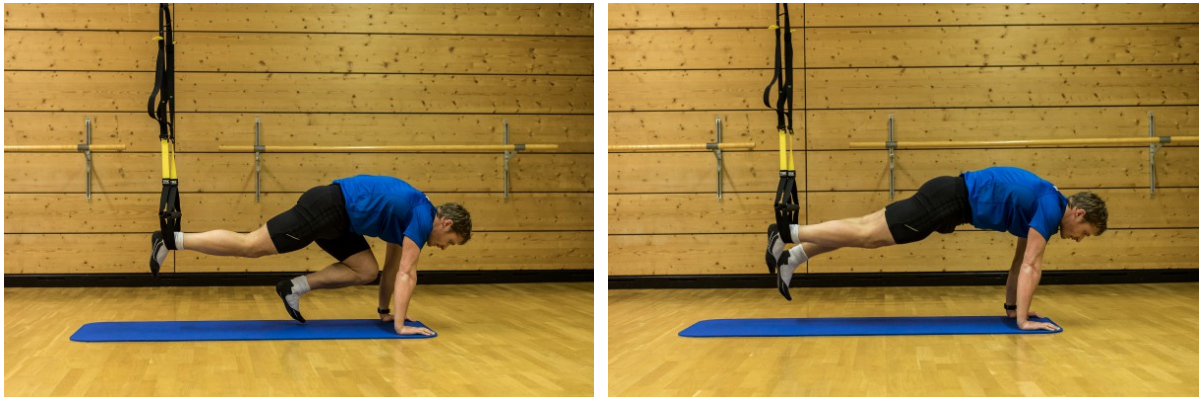
Description

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, Strength exercise

Number of persons: One

Muscle Primary: Abdominis, Leg

Muscle Secondary: Arm, Back, Shoulder

Difficulty: Easy

Other: Knee height, 1 Sling, Dynamic

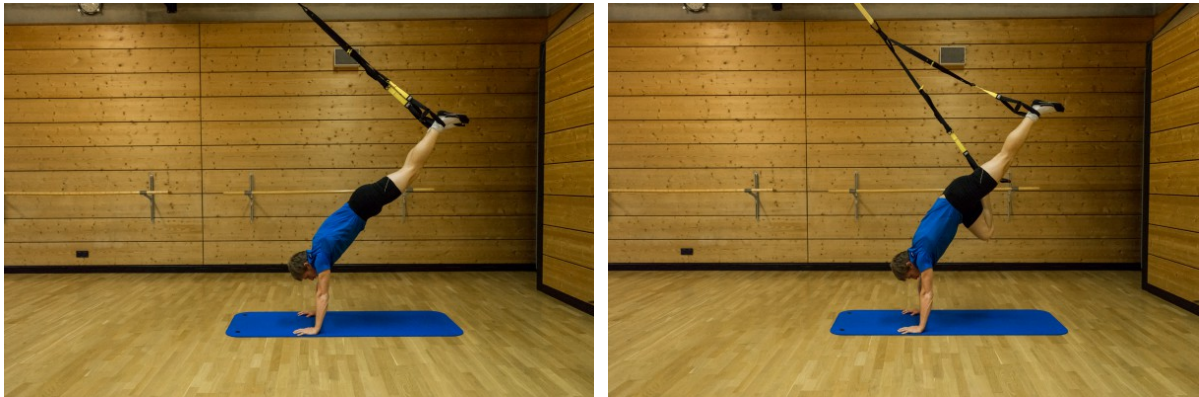
Description

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, Strength exercise

Number of persons: One

Muscle Primary: Abdominis, Arm, Leg

Muscle Secondary: Shoulder, Back

Difficulty: Medium

Other: 1 Sling, Knee height, Dynamic

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, Strength exercise

Number of persons: One

Muscle Primary: Abdominis, Arm, Leg

Muscle Secondary: Shoulder, Back

Difficulty: Medium

Other: 1 Sling, Knee height, Dynamic

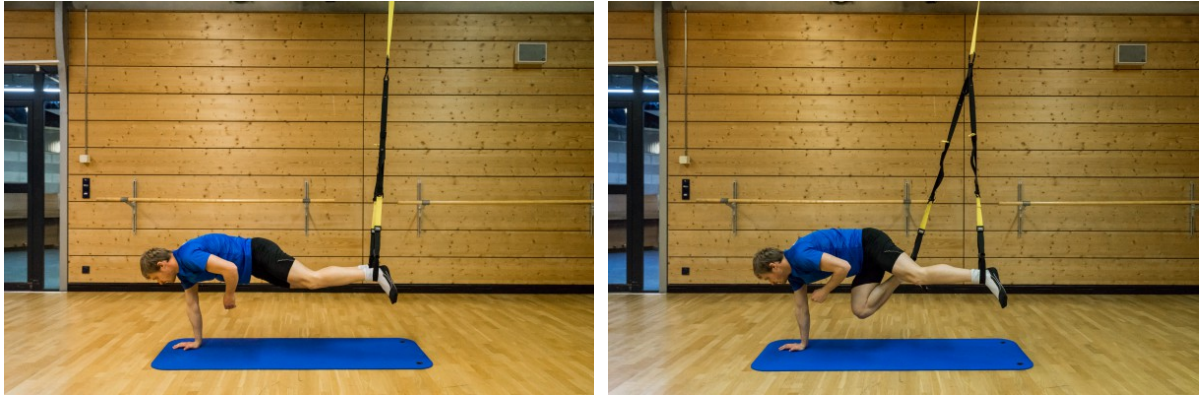
Description

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, Strength exercise

Number of persons: One

Muscle Primary: Leg, Abdominis, Arm

Muscle Secondary: Shoulder, Back

Difficulty: Hard

Other: Knee height, 1 Sling, Dynamic

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.