

Exercise of the Month

August, 2016

Mountain Climbers

Purpose: To build core, leg, shoulder, and back strength and improve cardiovascular performance

Target Muscles: Quadriceps, hamstrings, and glutes

Assisting Muscles: Latissimus dorsi, erector spinae, deltoids, soleus, gastrocnemius, and abdominals

Equipment Needed: None

Start: Begin in a pushup position with hands directly under shoulders, balls of feet on the ground, glutes squeezed tight, and abdominals engaged.

Movement Phase 1: Keeping abdominals engaged and hands on the ground, flex the right hip moving the knee toward the chest. Rest the ball of the right foot on the ground. Maintain a straight line with the head, left hip, and toes.

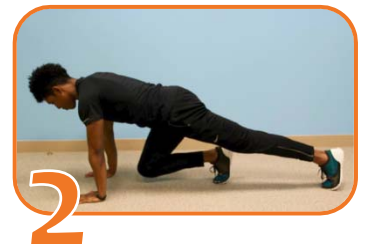
Movement Phase 2: Quickly switch feet so the right leg is extended, left hip is flexed and the left knee moves toward the chest.

Repeat: Continue to quickly alternate legs for up to 60 seconds.

Modification

Beginner: Perform the exercise with hands positioned on a stable and flat, elevated surface. Use a bench or chair to decrease the work load.

Advanced: Perform the exercise with hands positioned on an unstable surface. Use a BOSU ball, medicine ball, or stability ball to increase the work load.



From Corporate Fitness Works Team Leader, Candace Snapp

Corporate Fitness Works, Inc.