



Assisted Mountain Climber

<p>Purpose</p>	<ul style="list-style-type: none"> • Improve hard core and ability to properly stabilize and maintain neutral spine
<p>Procedure</p>	<ul style="list-style-type: none"> • Use a Cook band from a high position with both handles attached above creating a loop in the band • Get in the band and place it around the hips and proceed to set up in a push up position with the hands under the shoulders and a long, neutral spine • Raise one leg by flexing the hip and knee raising the knee toward the chest • Slowly replace the leg to the starting position and repeat on the other side • Move the band down the thighs to increase intensity on core demand
<p>Coaching Cue</p>	<ul style="list-style-type: none"> • Place PVC on spine to ensure long, neutral spine • Watch hips and rotation • No pelvic tilt or lumbar movement
<p>Targeted Area</p>	<ul style="list-style-type: none"> • Anterior core
<p>Regression/Progression</p>	<ul style="list-style-type: none"> • L1: Assisted Mountain Climber (with band) • L2: Mountain Climber
<p>Variations</p>	<ul style="list-style-type: none"> • No assistance
<p>Contraindication</p>	<ul style="list-style-type: none"> • Pain