



Mountain Climber

Purpose	<ul style="list-style-type: none"> • Improve hard core and ability to properly stabilize and maintain neutral spine
Procedure	<ul style="list-style-type: none"> • 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
Coaching Cue	<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
Targeted Area	<ul style="list-style-type: none"> • Anterior core
Regression/Progression	<ul style="list-style-type: none"> • L1: Assisted Mountain Climber (with band) • L2: Mountain Climber
Variations	<ul style="list-style-type: none"> • Band Assisted
Contraindication	<ul style="list-style-type: none"> • Pain