

10U/12U PHASE II - CORE & BACK

MOUNTAIN CLIMBERS

MOVEMENT

- 1 Start in the top of a push-up position, keeping abdominals engaged for the entire exercise.
- 2 Back should form a flat bridge.
- 3 Bending hips bring knee towards abdomen.
- 4 Return foot to starting push-up position.
- 5 Alternate legs, performing quick movements remaining on ball of the foot.

Perform for 30 seconds, rest for 30 seconds. Repeat.



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