

## Movement of the Week

### Elevated Mountain Climbers



**Description:** Get into a push up position with hands on a stable elevated surface, such as a step, bench, or bosu. Keep shoulders in line with elbows and wrists. Ensure body is aligned in a straight line from heels to crown of head. Engage the core and quickly drive each knee forward alternating right and left. Make sure to keep your core tight and increase foot speed while maintaining good alignment.

**\*\*Tip:** The hips should not sway and the upper body should have little movement. The legs should do most of the work by driving knee towards chest and driving each foot into the ground. Maintain a straight and consistent trajectory with the lower body while the arms support the upper body and the core stabilizes the entire movement.

**Sets/reps:** Try to do this exercise by a time limit rather than repetitions. Aim for 30 seconds continuous to start. Increase time and intensity as you progress.

**Modifications:** To make this exercise more difficult remove the elevated surface and perform the exercise with hands on the ground.

To make the exercise easier, perform on a higher elevated surface. This will increase the height, in turn, increasing the incline angle. Using the bosu adds a stability component to the exercise making it even more difficult.

**Ask fitness staff for help with modifications.**

**Common Mistakes:** Bringing the butt higher than the shoulders and side to side movement in the hips.

**Target Muscles:** triceps, shoulders, hip flexors, glutes, quads.

**If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.**

