Title: Cross Body Mountain Climbers

Primary Muscle Groups: Obliques

Secondary Muscle Groups: Abs

Summary: <ol>

<li class="p1">Assume a push-up position. Core is tight. Back is flat. Hands are underneath the shoulders. Head is in neutral position.</li>

<li class="p1">Bring one knee up towards your chest and twist towards the opposing elbow. (Ex: Right knee to left elbow.)</li>

<li class="p1">Contract the core and return the leg to the starting position.</li>

<li class="p1">Alternate between legs.</li>

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