Title: TRX Suspension Strap Mountain Climbers

Primary Muscle Groups: Abs, Hamstrings, Quadriceps

Secondary Muscle Groups: Shoulders

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Carefully place your feet into individual TRX straps. Face forward and place your hands on the ground below your shoulders. Brace your core as you drive your hips up into a push-up position.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin the exercise by moving your right knee forward then fully extend it back. Now bring the left knee forward and fully back.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Continue this back and forth pattern of movement while keeping the upper body stationary and the hips elevated.</span></li>

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