Climb to Success

SUPER MOVE

Whether you’re warming up or looking to get a full body workout, Mountain Climbers will do the trick. Previously called “Running Planks”, this quick and repeating motion helps tone and strengthen a different variety of muscle groups. Here are some core benefits for performing this super move:

**Cardio**: Moving and thrusting continuously for a couple minutes can mimic similar effects of other exercises, such as Mountain Climbing (in the literal sense) and running. It raises your BPM and allows the body to condition itself and build more endurance and a healthier heart.

**Full Body Workout:** Much like a plank, since it’s a similar position, the body strengthens its arms, shoulders, and back, maintaining stability and holding up the weight of the body. The swift movements of your legs help strengthen your hip flexors, quads, and buttock, building muscle and quickness in your step! By using your core to also help maintain stability, you’re strengthening and slimming your waist!

**Set Breaks:** In Level Red Boxing, we use this move as an intermediate warm-up prior to the boxing as well as a mid-set move to help maintain an elevated heart rate and keep muscles loose. This makes for a great way to diversify the workout and keep yourself from growing bored of the same repetitive movements.

**How to do:**

1. **Get into a plank position, making sure to distribute your weight evenly between your hands and your toes.**
2. **Check your form—your hands should be about shoulder-width apart, back flat, abs engaged, and head in alignment.**
3. **Pull your right knee into your chest as far as you can.**
4. **Then switch, pulling that knee out and bringing the other knee in.**
5. **Keeping your hips down, run your knees in and out as far and as fast as you can. Alternate inhaling and exhaling with each leg change.**

Keep in mind, much like any workout consistency is key to build endurance and strength.