

## MOUNTAIN CLIMBERS

Muscles involved in this exercise:

During mountain climbers, your muscles are hard at work balancing, controlling and moving your body. Numerous muscles stabilize the upper arm bone into the joint, but the largest shoulder muscle at work is the **deltoid** (1). Your **triceps** (2) keep your arms straight. Your **abdominals** (3) along with your back muscles control your hips and sustain your core. **The quadriceps** (4) of your back leg fully engage to keep your leg erect. The **hip flexors** (5) fire up to draw your knee in toward your chest, and your **butt muscles** (6) contract to extend the hip. In other words, you are getting a full-body workout.



