

Cor2Life “MOVE IT!”-THE VIRTUAL TRAINER

MOUNTAIN CLIMBER

EXERCISE OF THE WEEK -H2H MOUNTAIN CLIMBERS (H2H = HANDS 2 HEEL)

This move will improve your strength and speed while torching fat and blasting calories.

SET UP: Get into a push-up position with your hands directly under your shoulders and your feet straight back

ACTION: Bring your left knee towards your chest, touching your heel with your right hand and return to the start position. Repeat with your left knee, continuing to alternate legs. Remember: The faster your tempo, the more calories you'll burn.

