

10U/12U PHASE II - CORE & BACK

## SPIDERMAN CLIMBS

### MOVEMENT

- 1 • Start in the top of a push-up position keeping abdominals engaged for the entire exercise.
  - Back should form a flat bridge.
  - Pick up one foot off the ground.
- 2 • Slowly bring knee up outside right arm and place foot on the ground beside hand.
  - Keeping abdominals braced.
- 3 • Slowly return foot to starting position.
  - Alternate sides.

*Perform for 30 seconds, rest for 30 seconds. Repeat.*



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