

Move of the Month

Paper Plate Mountain Climber



Sally Hogarty

Place hands on the floor with body in prone position. Place the ball of each of your feet on one plate. You may need to find a surface in your house that is slippery enough; a tight woven carpet or smooth floor might work well.



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Keeping your hips down and abdominals contracted, pull one knee at a time towards your chest and return it back. Once you feel comfortable with the motion you can pick up your pace. Try to continue for as long as you can and either time it or count the number of repetitions. This works your core, legs, and gluts.