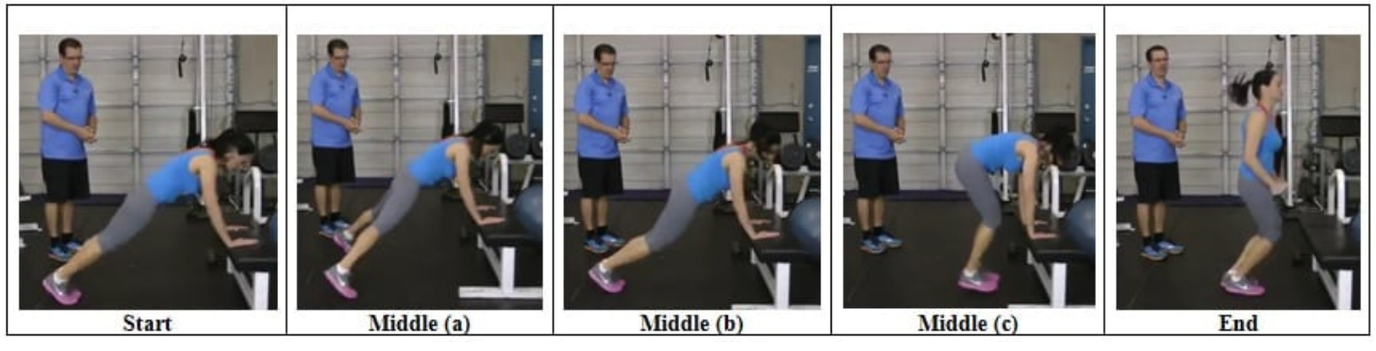
Don't Do That
Exercise and Training Techniques that you should not do

Do Not Do the Mountain Climbers or Burpees

One of the worst things you could do to your spine is put it into flexion (bending forward) under repetitive full body weight load. This happens when doing Mountain Climbers and Burpees.

YOU CAN DO A VERSION OF THE MOUNTAIN CLIMBER SAFELY OFF A RAISED SURFACE LIKE A BENCH. THE SAME HOLDS TRUE WITH A BURPEE.

Yes



The US Navy states that poor technique usually results in high compressive forces on the spine and can lead to low back pain when doing the Mountain Climbers. The functional transfer of Mountain Climbers is also questionable because it puts the spine in a loaded flexed position and then incorporates movement of the lower extremities. This is not a normal requirement of the body.

See the Flexed Spine - Dangerous

Sources: Navy Contraindicated Exercises and AceFitness