

# Ladder Workout- This workout uses body weight and weights,



and it is a total body workout. Complete each exercise for each rep count. The repetitions for each exercise will increase or decrease as you move up and down the ladder. Please remember to warm-up before the workout and stretch after it 😊



## Ladder 1

Reps(Repetitions)	Exercises
10 reps	Burpees
20 reps	Alternating Lunges
30 reps	Plank to Downward dog
40 reps	Jumping Jacks
50 reps	Skiers
60 Second Hold	High Plank Hold
50 reps	Bicep Curl
40 reps	Hinged Row
30 reps	Up-Right-Rows
20 reps	Squats
10 reps	Burpees

## Ladder 2

Reps(Repetitions)	Exercises
10 reps	Walkouts
20 reps	Push-ups
30 reps	Full Sit-ups Leg Straight
40 reps	Russian Twists
50 reps	Crunches
60 Second Hold	Low Plank Hold
50 reps	Triceps Kickbacks
40 reps	Chest Press Bridge Position
30 reps	Overhead Presses
20 reps	Sumo Squats
10 reps	Walkouts