



Ladder Workout

Workout of the Day

Ladder Workout

Warm up by doing some dynamic movements

Complete the exercise sets in Block 1 before moving on to the exercises in Blocks 2-4. You will complete each Block 4 times (4 sets) before moving to the next Block.

Set 1: 8 reps

Set 2: 16 reps

Set 3: 10 reps

Set 4: 20 reps

Take breaks as you need

Exercise Blocks

Block 1:

- Jumping Jacks
- Squats
- Push Ups
- Mountain Climbers

Block 2:

- Jump Squats
- Curtsy Lunges
- Bulgarian Split Squats
- Skaters

Block 3:

- Army Crawl
- Diamond Push Ups
- Dips
- Walkouts With Push Ups

Block 4:

- Dead Bugs
- Bicycle Kicks
- Combo Crunch
- Single Leg Drops

Jumping Jacks

- Stand upright with your legs together, arms at your sides.
 - Bend your knees slightly, and jump into the air.
 - As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head.
 - Jump back to starting position.
 - Repeat.
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Squats

- Stand with your feet about shoulder-width apart and slightly turned out with your weight in your heels.
 - Hinge your hips to sit your butt back and bend your knees until your thighs are parallel to the ground.
 - Drive through your heels to stand back up straight. Squeeze your butt and keep your core tight as you stand.
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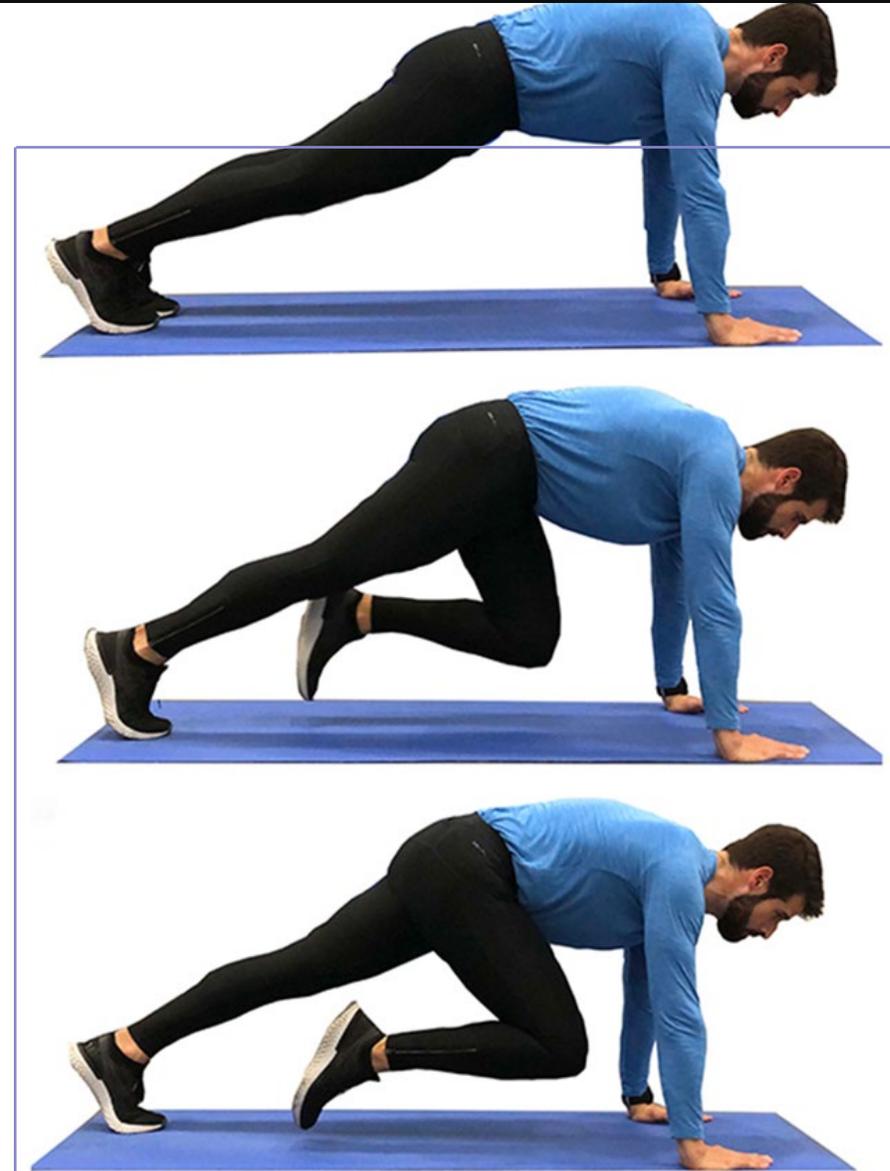
Push Ups

- Start kneeling on an exercise mat or the floor and bring your feet together behind you.
 - Bend forward to position yourself in a high plank, the top of a pushup position, with your palms flat on the mat, hands shoulder-width apart, and with your fingers facing forward or hands turned slightly in. Your shoulders should be positioned over your hands. Your feet should be together behind you and your back should be flat. Keep your abs pulled in.
 - Slowly lower your body toward the floor. Maintain a rigid torso and keep your head aligned with your spine. Don't let your low back sag or your hips hike upward.
 - Continue to lower yourself until your chest or chin touch the ground. Your elbows may flare out during the downward movement.
 - Press upward with your arms. Continue pressing until your arms are fully extended at your elbows and you're back in the plank, at the top of the pushup position
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- Modification: If this is too difficult, start on your knees



Mountain Climbers

- Start in a high plank and draw your right knee under your torso, keeping your toes off the ground. Return your right foot to the starting position.
- Switch legs and bring your left knee under your chest. Keep switching legs as if you're running in place.



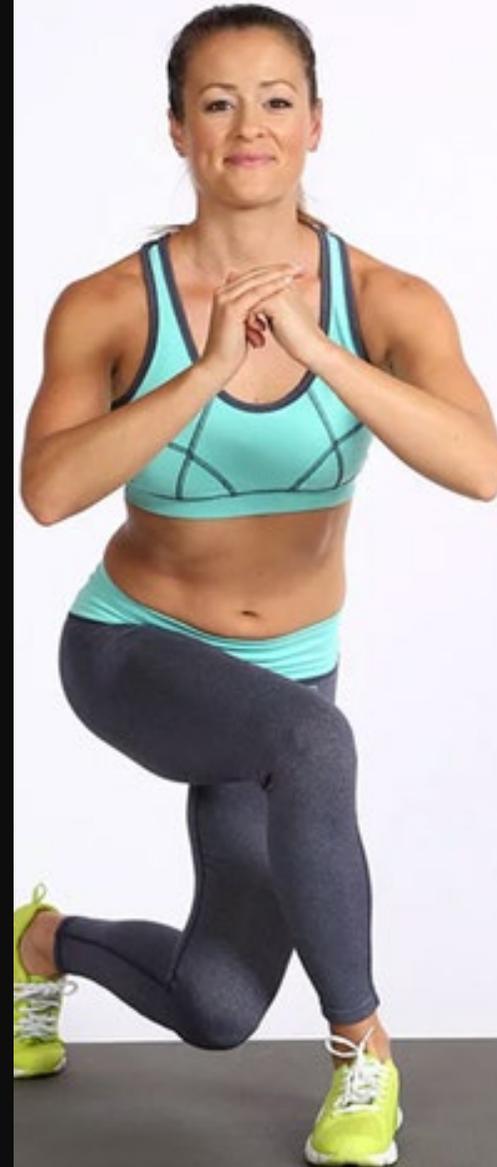
Jump Squats

- Stand with your feet shoulder-width apart.
 - Start by doing a regular squat, then engage your core and jump up explosively.
 - When you land, lower your body back into the squat position to complete one rep. Land as quietly as possible, which requires control.
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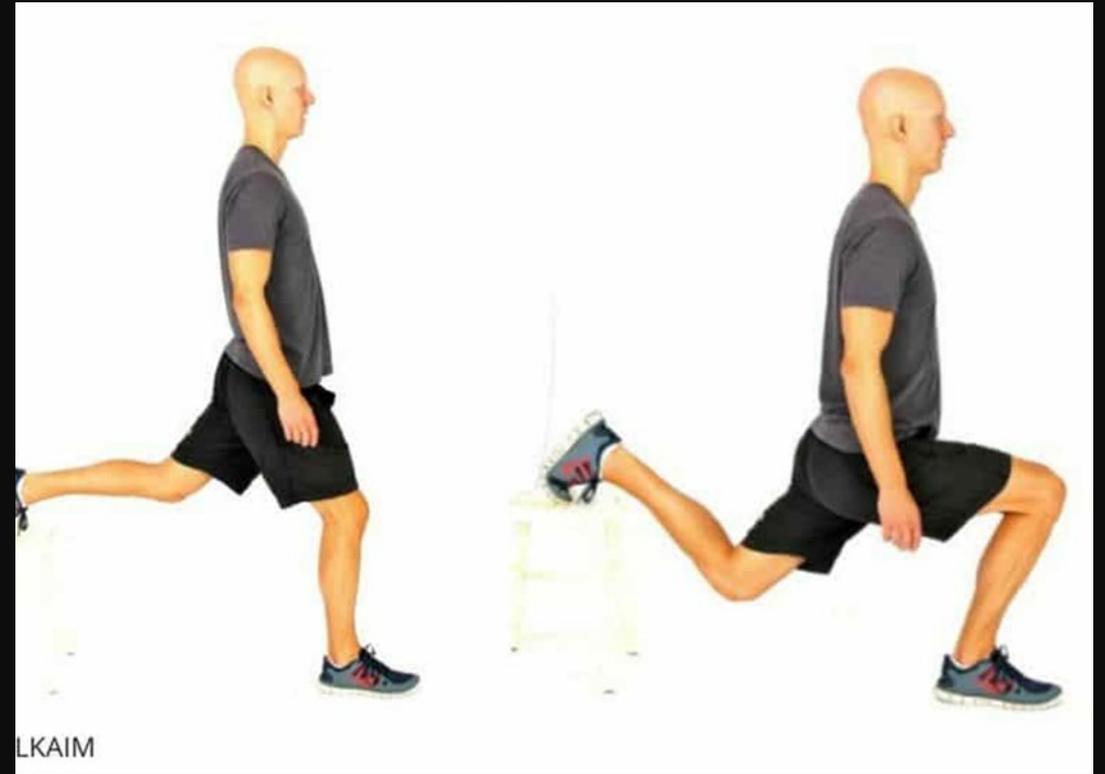
Curtsy Lunges

- Standing with a braced core and flat back, bring your hands together at chest height.
 - Position your feet to be at hip-width. Beginning with the right foot, step backward and across your left foot.
 - Simultaneously, bend the left knee and drop it towards the ground.
 - Stop when the front right knee is parallel with the ground. Push off the ground with your right foot and return to the starting position.
 - Perform reps per side.
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Bulgarian Split Squats

- Facing away from the stairs, stand tall with your feet shoulder-distance apart.
- Move your left leg backward to rest on a step.
- Inhale, bend your knees, and lower your body.
- Exhale, extend your legs, and return to a standing position.
- Your front knee should be over the center of your front foot. Don't let the knee bend beyond your toes.
- Repeat for the desired number of repetitions before switching to the right leg



Skaters

- Start with your legs slightly wider than shoulder distance apart and arms at the sides.
 - Bring one leg behind at a slight angle into a reverse lunge. The front knee will come to a 90-degree angle.
 - Swing the arms in front of that bent knee and leap the back leg forward to switch sides in a skating motion. Arms alternate as you switch sides like a speed skater.
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Army Crawl

- Begin in a plank position with your shoulders over your wrists, your feet together, and your body in a straight line.
 - Bend your left arm so that it is now in forearm plank position.
 - Then bend your right arm so you are in a full forearm plank position.
 - Lift your left hand and place it on the mat directly below your shoulder as you push through your palm to lift yourself.
 - As you reach the top, place your right palm on the floor under your right shoulder and push back into a full plank. Repeat, leading with the right arm.
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Diamond Push Ups

- Get on all fours with your hands together under your chest. Position your index fingers and thumbs so they're touching, forming a diamond shape, and extend your arms so that your body is elevated and forms a straight line from your head to your feet.
 - Lower your chest towards your hands, ensuring you don't flare your elbows out to the sides and keeping your back flat. Stop just before your chest touches the floor, then push back up to the starting position.
 - Modification: The diamond push-up is hard, so if you're finding it tough to get through more than a handful of them at a time, don't be afraid to drop onto your knees to complete a few more reps.
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Dips

- Position your hands shoulder width apart on the floor or on a secured bench or stable chair.
 - Move your booty in front of the bench with your legs out in front of you and feet placed about hip width apart on the floor.
 - Straighten your arms, and keep a little bend in your elbows in order to always keep tension on your triceps and off your elbow joints.
 - Now slowly bend at your elbows, and lower your upper body toward the floor until your arms are at about a 90-degree angle. Be sure to keep your back close to the bench.
 - Once you reach the bottom of the movement, slowly press off with your hands, and push yourself straight back up to the starting position.
 - This counts as one rep.
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Inch Worm With Push Ups

- Start Standing. Keeping your back straight, bend forward, hinging at your hips to bring your hands to the mat. If your hamstrings are tight, bend your knees a bit to take tension off the muscles.
- Walk your hands forward, moving into a front plank position. Complete a push up.
- From your plank, walk your hands back to your feet until you are in another forward bend. Slowly roll up to standing, letting your head hang and keeping your neck relaxed.



Dead Bugs

- Allow your shoulders and lower back to fall heavy to the floor.
 - Draw your shoulders down away from your ears. To get into the starting position, lift your hands so your elbows are above your shoulders with your fists facing in toward each other.
 - Lift your legs so your knees are directly over your hips.
 - On an exhale, slowly lower your right arm and left leg until they're just above the floor.
 - On an inhale, bring them back to the starting position.
 - Repeat on the opposite side.
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Bicycle Kicks

- Start lying flat on your back, legs fully extended, and both hands behind the head.
- Begin by pressing your lower back into the ground. This will eliminate any arch in the low back and help engage your core before starting any movement.
- From here, bring both hands behind the head and raise the shoulders off the floor.
- Next bring your right knee toward your chest and simultaneously rotate your shoulders to bring the left elbow toward the right knee.
- Make sure to keep the leg that isn't bending fully extended and low to the floor to get the best engagement.
- After touching the right knee to the left elbow, rotate your shoulder and bring the left knee to the right elbow. Perform these movements slowly and controlled for the best core-burning results



Combo Crunch

- Lie on your back with your legs elevated, knees bent, and ankles crossed. Place your hands behind your head. Keep your head and neck in alignment as you perform the exercise.
 - Slowly and gently contract the upper body toward the lower body while lifting the hips off the floor. Slowly lower to starting position.
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Single Leg Drops

- Start lying on your back with both legs long towards the ceiling.
 - Keep the abs tight as you lower one leg a few inches off the floor, then switch legs.
 - The movement is slow as you work the abdominals. Never go so low with your legs that your back pops off the mat.
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