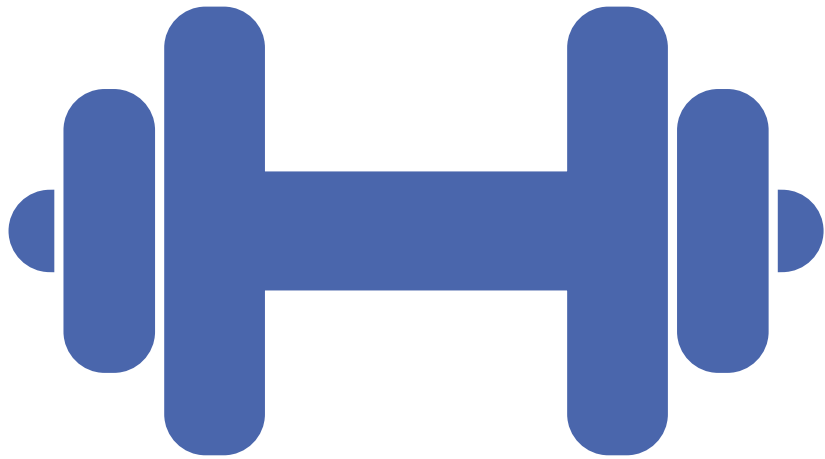


Workout of the Day

Cardio Ladder



Workout:

Superset movements, increasing or decreasing the workload over time.

- 1-10 reps of Goblet Squats superset with 10-1 reps of Burpees
- 1-10 reps of Sumo Squats superset with 10-1 reps of Frogger
- 1-10 reps of Jump Squats superset with 10-1 reps of Mountain Climbers
- 1-10 reps of Air Squats superset with 10-1 reps of Skaters

Goblet Squats

- Stand with your feet slightly wider than hip-distance apart, your toes angled slightly outward. Hold a weight in both hands at your chest, bending your elbows so the weight is positioned right at the center of your chest.
- Press your hips back and begin bending your knees to perform the squat. Inhale as you perform this downward phase.
- Press through your heels and reverse the motion to return to the starting position. Exhale as you rise, and be sure to press your hips forward at the top of the squat to more fully engage your glutes.



Burpees

- Begin in a standing position
- Move into a squat position with your hands on the ground.
- Kick your feet back into a hand plank position, while keeping your arms extended.
- Immediately return your feet into squat position.
- Stand up from the squat position.



Sumo Squats

- Start in a standing position with your feet wide apart and your toes pointing at 45° angles. By wide we mean wider than shoulder-width apart – around a foot (30cm) beyond your shoulder on each side.
- Drop into a squat, bending at the hips and knees and sitting back. Keep your chest up and knees out. Keep lowering until your thighs are parallel to the ground, or even slightly below parallel if you have it in you. Then stand back up to the starting position.
- Make sure you don't lift your feet off the ground or round out your lower back as you perform the sumo squat.



Froggers

- Stand with your feet shoulder-width apart and your arms by your sides.
- Lower into a squat position and place your hands on the floor.
- Kick or step your legs back into a plank position.
- Jump or step your legs forward to return to a squat position.
- Return to the standing position.



Jump Squats

- Stand with your feet shoulder-width apart.
- Start by doing a regular squat, engage your core, and jump up explosively.
- When you land, lower your body back into the squat position to complete one rep. Make sure you land with your entire foot on the ground. Be sure to land as quietly as possible, which requires control.



Mountain Climbers

- Get into a plank position, making sure to distribute your weight evenly between your hands and your toes.
- Check your form—your hands should be about shoulder-width apart, back flat, abs engaged, and head in alignment.
- Pull your right knee into your chest as far as you can.
- Then switch, pulling that knee out and bringing the other knee in.
- Keeping your hips down, run your knees in and out as far and as fast as you can. Alternate inhaling and exhaling with each leg change.



Air Squats

- Stand facing forward with your chest up.
- Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance. You can also hold your hands at chest level or place them behind your head.
- Bend at your knees and hips, sticking your butt out like you're sitting into an imaginary chair. Keep your chest lifted and your spine neutral, and do not let your lower back round.
- Squat down as low as you can, keeping your head and chest lifted. Keep your knees over your ankles and press your weight back into your heels.
- Keep your body tight, and push through your heels to bring yourself back to the starting position. This is one rep.



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.

