



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

15 to 1 Ladder

Warmup: March or jog in place for five minutes

Exercises: Push-ups and body weight squat

Workout: Start with 15 repetitions for both push-ups and squats, then descend to 14 repetitions, 13, 12, 11,.....1. Take rest as needed.

Cool down: Slow march in place or walk around the room as you cool down.

We strongly recommend that you consult with your physician before beginning any exercise program. By using this content, you represent that you understand that physical exercise involves strenuous physical movement and that such activity carries the risk of injury whether physical or mental and you expressly waive and release any claim that you may have at any time for injury of any kind arising out of your participation in a YMCA program.