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FOR HEALTHY LIVING
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Ladder Workout

Equipment: Mat, Hand Weights (Light/Heavy), Timer (I use the free Interval Timer App)

Set Timer: 30 sec on/10 sec break.

*Perform Exercise 1 for 30 seconds, followed by 10 seconds of rest.

*Then perform Exercise 1 for 30 seconds, followed by 10 seconds of rest, Exercise 2 for 30 seconds, followed by 10 seconds of rest.

*Continue this stack-on, pyramid format until you complete Exercises 1 through 5.

(you have the option to go back down the pyramid in reverse order, dropping off Exercise 1, then Exercise 2, then exercise 3 and so on. I usually just go up the ladder.)

**Be sure to warm up before completing this workout. Circuit 1:

1. Body weight- 4 forward punches, 2 hooks, 1 jump (Count- 1,2,3,4 hook, hook, jump)
2. Hand weights- Hammer Curl to shoulder press
3. Body Weight- Plunges or Rear Lunges (option to add light hand weights)
4. Hand Weights- Deadlift with Upright Row
5. Body Weight- Frog Jump forward, Burpee, Shuffle back

Circuit 2:

1. Body weight- Side Shuffle (option to side shuffle jump, or side shuffle punch)
2. Hand weights- Alternating Tap back with Tricep Kickbacks
3. Body Weight- Jump Rope
4. Hand Weights- Curtsy Lunges with Lateral (side) raise
5. Body Weight- Push-ups or Chest Press

Circuit 3:

1. Body weight- Heisman
2. Hand weights- Bent over Row then reverse fly
3. Body Weight- Side hop overs (4 to the Left, 4 to the Right)
4. Hand Weights- Lateral Lunges (Side Lunges) bicep curl in between
5. Body Weight- Wide squat pulses for 3 then jump up (option to add 1 hand weight)

Circuit 4:

1. Body weight- Quick Feet (Option to move in a circle)
2. Hand weights- Squat hold with forward punches
3. Body Weight- xc skiers
4. Hand Weights- Forward Lunges (option add an external rotation)
5. Body Weight- 2 Front Kicks, 2 back kicks

**Cool Down

Total Time: Each circuit will take 10 minutes to go up and 20 minutes to go up and down. Workout By:

Stacy Pincock, Spincock@ymcainw.org

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