**THE HARDCORE LADDER WORKOUT**

**Can you make it to the top?**

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| --- | --- | --- |
|  |  |  |
|  | 100 S – 25 scissors, 25 squats, 25 shrugs, 25 Supermans |  |
|  |  |  |
|  | 90 seconds jog in place |  |
|  |  |  |
|  | 80 seconds of side planks (40 sec on each side) |  |
|  |  |  |
|  | 70 seconds of tricep kickbacks |  |
|  |  |  |
|  | 60 second wall sit |  |
|  |  |  |
|  | 50 jumping jacks |  |
|  |  |  |
|  | 40 second plank |  |
|  |  |  |
|  | 30 bicep curl/overhead press |  |
|  |  |  |
|  | 20 lunges |  |
|  |  |  |
|  | 10 burpees |  |
|  |  |  |

**Extra challenge – once you make it to the top, work your way back down to the bottom!**