**THE LADDER WORKOUT**

**Can you make it to the top? And then back down again?**

|  |  |  |
| --- | --- | --- |
|  |  |  |
|  | 10 Push Ups |  |
|  |  |  |
|  | 9 Sit Ups |  |
|  |  |  |
|  | 8 Squats |  |
|  |  |  |
|  | 7 Seconds of Butt Kicks |  |
|  |  |  |
|  | 6 Calf Raises |  |
|  |  |  |
|  | 5 times 5 Overhead Press |  |
|  |  |  |
|  | 4 times 10 seconds of quick feet |  |
|  |  |  |
|  | 3 times 10 jumping jacks |  |
|  |  |  |
|  | 2 rounds of 30 second wall sits |  |
|  |  |  |
|  | 1 Minute Plank |  |
|  |  |  |